



2.97% 4-Year Fixed
Mortgage Interest Rate.*
It's like a four year long
housewarming gift.

Apply in branch or at
tdcanadatrust.com/mortgagerates

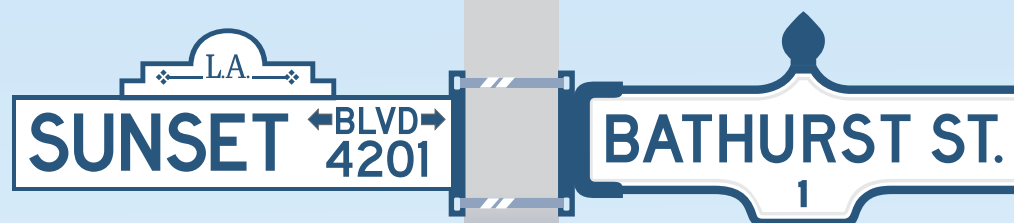


Banking can be
this comfortable.

*2.99% APR

The Annual Percentage Rate (APR) is based on a \$350,000 mortgage, 25 year amortization period and a property appraisal fee of \$300. The mortgage interest rate includes a discount off of the 4-Year Closed Fixed Term Mortgage interest posted rate. Mortgage interest rate calculated semi-annually, not in advance. Applies to residential real estate excluding construction draw mortgages. Some conditions apply. Offer may be changed, extended or withdrawn at any time without notice. © The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

porter
flying refined



Yes, you can make it happen.

Porter may be a small airline, but we work hard to make your travel a genuine pleasure. So not surprisingly, we have a proposal to offer you some remarkable travel opportunities.

Yes, you can have more of your favourite destinations, like Vancouver, LA or Florida, with our lower competitive fares. Yes, you can get there on the greenest, quietest jet available today, the Bombardier CS100.

Yes, you can fly from convenient Billy Bishop Toronto City Airport that has the strictest noise controls in North America. Yes, you can add 2,000 jobs to our economy. When you put all of these together, we get something that Toronto can be proud of.

To make your new travel options happen, Toronto City Council needs to vote “Yes” on April 1. Please contact your Toronto City Councillor to ask them to vote “Yes”

We’ve made it easy for you at porterplans.com

porterescapes.com

TORONTO metro

Wednesday's Jackpot
\$14,000,000
estimated

THE NEW
LOTTO 649

PLUS A
**GUARANTEED
\$1 MILLION
PRIZE DRAW**

NEWS
WORTH
SHARING.



THE MINE ON THE MOON

THE MOON IS A PILLAGER'S PARADISE, REPLETE WITH WATER, RARE METALS AND HELIUM-3, BUT POLICY AND LEGAL ISSUES MIGHT BE EVEN TRICKIER THAN THE LOGISTICS OF EXTRACTION **PAGE 14**



Old enough to vote, old enough to be your mayor

Eighteen-year-old says youth must be leaders of today, not tomorrow **PAGE 6**

Sanctions kick in over Crimea as West swears more to come

Russian official mocks U.S. response as being 'written by some joker' **PAGES 8 & 9**

Honey, I may land a role in this Nympho film ... OK?

But not to worry, Christian Slater doesn't shed his pants for Lars Von Trier **PAGE 17**

Road-safety bill punishes dooring, distracted driving

Demerit and stick approach. Max \$1,000 fines would be grand deterrent: Minister

Distracted drivers on their cell-phones and careless motorists who knock down cyclists with their open doors would face maximum fines of \$1,000 and three demerit points under sweeping new road-safety rules introduced Monday.

Among other things, motorists for the first time would be required to move over a lane for working tow trucks with lights flashing just as they are required now with emergency vehicles.

"Our new legislation, if passed, would keep drivers, cyclists and pedestrians even safer as we get tougher with those who ignore the law," said Transportation Minister Glen Murray, adding the proposals introduced Monday have been years in the making.

Ralph Palumbo, vice-president Ontario, with the Insurance Bureau of Canada, said it is the demerit points that should make scofflaws think twice now that their insurance premiums could be affected.

"Demerit points will certainly cause an insurer to look at a driver as a greater risk because what it says is that they are not complying with a law," said Palumbo.

According to government statistics, distracted driving has passed impaired driving as the leading cause of traffic fatalities in Ontario.

The proposed changes won the approval of the Canadian Automobile Association, the Ontario Trucking Association and Share the Road Cycling Coalition.

Cyclists are not let off scot-free either.

The fine for not using required bicycle lights and other reflectors will range from \$60-\$500, up from the current \$20. The change also permits the

use of flashing red lights on bicycles.

The proposed amendments to the Highway Traffic Act would also require all drivers who repeatedly drive while impaired to complete an alcohol-education program followed by an alcohol treatment and monitoring program.

TORSTAR NEWS SERVICE

Proposals

- Increase fines for distracted driving to a range of \$300 to \$1,000, up from a range of \$60 to \$500, and assign three demerit points upon conviction.
- Increase fines for drivers who open their door into the path of cyclists to a range of \$300 to \$1,000, up from a range of \$60 to \$500, and raise the demerit points from two to three.
- Require drivers to stay one metre away when passing cyclists.
- Require motorists to yield to pedestrians at school crossings and pedestrian crossovers until they have completely crossed.

Public opinion

"We need to make distracted driving as socially unacceptable as impaired driving and we think some of the provisions included today should do that."

CAA spokeswoman Teresa Di Felice



WALK FOR VAWK

A model wearing a creation from designer Sunny Fong's VAWK line walks the runway during Toronto Fashion Week at David Pecaut Square on Monday. Fashion Week runs until March 22. More coverage, page 27. CARLOS OSORIO/TORSTAR NEWS SERVICE

Have more game.

Samsung phones are now on sale.

Watch the best live sports on the go, only with Bell Mobile TV on Canada's largest LTE network.¹ It has blazing-fast speeds in more places, so you'll never miss a moment of the action. And for a limited time, save up to \$200 on select Samsung superphones. So you can catch every play on a large, vivid screen.

Visit a Bell store for our best service and selection.
1 888 4-MOBILE • bell.ca



Samsung Galaxy Note 3™
superphone

NOW \$99⁹⁵²

2-yr. term with
Voice & Data Plus plan

\$799.95 no term



Samsung Galaxy S4™ superphone
Red – Exclusive to Bell

NOW \$0²

2-yr. term with
Voice & Data Plus plan

\$699.95 no term



Samsung Galaxy S4 mini
superphone

\$0²

2-yr. term with
Voice & Data Plus plan

\$499.95 no term

Bell watching
sports just
got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre
ALLISTON
36 Young St.
AURORA
14799 Yonge St.
Smart Centres Aurora
BARRIE
44 Cedar Point Dr.
632 Yonge St.
Barrie Power Centre
Georgian Mall
BOLTON
Smart Centres Bolton
BOWMANVILLE
Clarington Place
BRAMPTON
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World
BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall
CAMBRIDGE
499 Hespeler Rd.
Cambridge Centre
COBOURG
Northumberland Mall
ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre
GEORGETOWN
330 Guelph St.
LINDSAY
229 Kent St.
Whitney Town Centre
MARKHAM
7357 Woodbine Ave.
Markville Shopping Centre
Pacific Mall
MILTON
377 Main St. E.
MISSISSAUGA
980 Eglinton Ave. E.
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
Square One Shopping Centre
Westgate Smart Centres
NEWMARKET
Upper Canada Mall
NORTH YORK
1635 Lawrence Ave. W.
170 Rimrock Rd.
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Fairview Mall
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall
OAKVILLE
478 Dundas St. W.
Oakville Place
ORANGEVILLE
114 Broadway Ave.
OSHAWA
Five Points Mall
Oshawa Centre
PICKERING
Pickering Town Centre
RICHMOND HILL
Hillcrest Mall
SCARBOROUGH
259 Morningside Ave.
Eglinton Square
Parkway Mall
Scarborough Town Centre
SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall
THORNHILL
The Promenade
TORONTO
2256 Bloor St. W.
209 Danforth Ave.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shoppers World Danforth
Shops at Don Mills
The Stockyards Shopping Centre
Toronto Eaton Centre
Yorkdale Shopping Centre
UXBRIDGE
307 Toronto St. S.
VAUGHAN
Vaughan Mills
WHITBY
Whitby Mall
Whitby Smart Centres
WOODBURGH
4080 Highway 7

Also available at these retailers:



Offer ends March 31, 2014. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. Paper bill charge (\$2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly charges, e.g., 9-1-1 Fees (AB: \$0.44 – effective April 1, 2014, SK: \$0.62, NB: \$0.53, NS: \$0.43, P.E.I.: \$0.70, QC: \$0.40), and a one-time connection charge (\$35, now \$15 on a 24-month term for a limited time) applies. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement. Subject to change without notice. Taxes extra. Other conditions apply: (1) Based on total square kms of coverage on the shared LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. (2) Available with new activation. Net price shown after: \$200 savings on the Samsung Galaxy Note 3, and after \$179.95 savings on the Samsung Galaxy S4. Samsung, Galaxy S4 and Galaxy Note 3 are trademarks of Samsung Electronics Co., Ltd., used in Canada under license. NHL and the NHL Shield are registered trademarks of the National Hockey League. © NHL 2014. All Rights Reserved. © NHLPA. NHLPA, National Hockey League Players' Association and the NHLPA logo are trademarks of the NHLPA. The NBA and NBA member team identifications are the intellectual property of NBA Properties, Inc. and the respective member teams. ©2014 NBA Properties, Inc. All rights reserved.

Brutal winter takes toll on Toronto water birds

'Weak and starving.'

Admissions for sick wildlife up by 50 per cent because of weather, animal services say

Toronto's ducks and geese are among the hardest-hit victims of this year's brutal winter weather.

Calls about dead birds — found stuck in the ice or floating lifeless in the water — shot up 66 per cent between Jan. 1 and March 12 compared to the same period last year, according to Toronto Animal Services.

Meanwhile, the city's only wildlife rescue charity has been overwhelmed with dozens of fragile, injured and dying birds, making this the worst winter it has seen in 21 years of operation.

"They're weak and they're starving," said Nathalie Karvon-

Widespread issue

- Across the province and in upstate New York, water birds are starving to death. Carcasses began piling up in the hundreds in early January in the Niagara River corridor, spanning from Lake Erie to Lake Ontario.
- The Toronto Wildlife Centre is urging the public to call 416-631-0662 or visit TorontoWildlifeCentre.com if they see an animal in danger.

en, executive director of the Toronto Wildlife Centre. "Some of the birds are having traumatic injuries as well because they're in a weakened state."

The centre has rescued about 10 times as many water birds as it does during a normal winter, more than 130 since De-

cember. Admissions of wildlife are up 50 per cent overall, said Karvonen.

Many water birds spend the winter on Georgian Bay, which has frozen solid for the first time in 20 years. The mass migration led to an intense food competition this year, as thousands of fish-eating birds compete for a few small pools of water.

The charitable wildlife centre has been running on overdrive, with volunteers and staff working daily overtime. The cost of specialized food, medical supplies and even orthopedic surgery is skyrocketing, and Karvonen gently urged Toronto residents to donate.

"A lot of the birds that have been coming in ... are exclusively fish-eaters. It's not like you can get them a bowl of bird feed," she said. "Some days we've been spending over \$400 on live fish alone in one day."

TORSTAR NEWS SERVICE, WITH FILES FROM THE ASSOCIATED PRESS AND METROLAND MEDIA



Veterinary technician Beth Pielsticker checks the condition of a mute swan recovering at the Toronto Wildlife Centre in Downsview on Monday.
CHRIS SO/TORSTAR NEWS SERVICE

Carbon monoxide poisoning devastates family



Jerry Pitamber, right, with his father Peter in a family photo.
TORSTAR NEWS SERVICE

Jerry Pitamber's life changed forever the instant he got home after a shift at his family's restaurant on Monday to find his parents and brother poisoned by carbon monoxide.

His father Peter, well-known in Brampton's West Indian community and longtime owner of Calypso Hut, was lying on the floor and could not be roused.

His mother, Seeta, was in bed, as was his older brother,

Terry. He heard a slow beeping, which he later realized was the carbon monoxide detector. His uncle Paul, also staying in the home, was awake and trying to help but kept wobbling and fell over several times.

"Everybody was just knocked out," Pitamber said. His parents and brother had no vital signs. He phoned 911 at 1:54 a.m.

"I tried to save them all. I couldn't," the 28-year-old

said from inside Calypso Hut, which was closed to the public but serving as a gathering place for loved ones as the news spread. Peter, 60, Seeta, 59, and Terry, 36, were pronounced dead Monday.

"I was only able to save my uncle. I picked him up and brought him outside. He kept falling ... I tried to pick my mom up, too, but I couldn't do it."

He said his father brought propane heaters into the

home on Linden Cres. in Brampton after the furnace broke down Sunday and turned them on around 9:30 p.m. Temperatures in the GTA dipped down to -15 C overnight.

Brampton Fire said the deaths were caused by carbon monoxide poisoning but the investigation continues because the detectors were working at the time, according to Peel Regional Police.

TORSTAR NEWS SERVICE

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professional:
FREE CALL
310-9200

(NO AREA CODE NEEDED)



DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Health. Report suggests ban on hookah smoking

A report from Toronto's medical officer of health says the city should consider a ban on hookah smoking in bars and cafés because of health concerns.

Smoking only non-tobacco products is allowed, but a recent study from the University of Alberta says the herbal product burned — called shisha — “exposes the user to similar (or higher) levels of some cancer-causing chemicals” than cigarettes or tobacco-based shisha.

“We’re starting to see studies that suggest that there is an unhealthy level of air pollutants for both people who are in the waterpipe premises and of course for the people who are smoking,” says Dr. David McKe-

own, the city's medical officer of health. “There does appear to be a health risk.”

The report also notes that while tobacco use in the cafés is banned under the province's Smoke-Free Ontario Act, an air-quality study of 12 hookah lounges in Toronto found some had nicotine levels that rivalled those of European bars and restaurants that allowed smoking.

A Virginia study quoted in the report says smoking tobacco in a hookah releases more of the tiny particulates that lead to heart and lung disease than cigarettes.

The activity is largely unregulated in Toronto.

TORSTAR NEWS SERVICE



A group enjoys shisha at Sheesha Lounge. TORSTAR NEWS SERVICE FILE

Medical marijuana

Ditch your pot or else: Health Canada

Health Canada is warning medicinal marijuana users and growers, licensed under an outgoing law, that if they don't destroy and dispose of their pot before new regulations take full effect April 1 the police will be notified.

The department is asking those licensed under the old program to fill out a form declaring they no longer have

any cannabis obtained under the outgoing Marijuana Medical Access Regulations. They'll have until April 30 to respond. Those who don't comply risk having the police show up at their door.

A good way to dispose of one's supply, a Health Canada statement reads, is to “break up the plant material, blend the marijuana with water and mix it with cat litter to mask the odour. This can then be placed in your regular household garbage.”

TORSTAR NEWS SERVICE

Soknacki can't get enough of Reddit AMA session

Getting to know you. Mayoral hopeful has fun with questions lobbed his way from curious users



JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Toronto mayoral long-shot David Soknacki answered questions on Reddit Monday about his popularity and his policies.

Soknacki answered Reddit users' questions for three hours, much longer than the typical one-hour ask-me-anything (AMA) session and in contrast to Premier Kathleen Wynne, whose recent AMA was harshly criticized by Redditors for being short and uninformative.

User /u/fukier asked Soknacki about a recent poll by Forum Research that put him at two per cent support.

Soknacki responded: “Early polls rarely reflect the end result. Calgary Mayor Naheed



Mayoral candidate David Soknacki answered Reddit users' questions for three hours on Monday. VINCE TALOTTA/TORSTAR NEWS SERVICE

Nenshi and New York City Mayor Bill de Blasio were also polling way behind the supposed ‘frontrunners’ before they were elected in landslides. No one predicted David Miller would win and George Smitherman was considered a lock at one point. I am a man of science, and polls are more of a dark

art.”

Soknacki apparently made another joke about his place in the horse race when a Redditor asked songs he'd pick to represent Toronto.

“I’ve been told to say Started From the Bottom by Drake by several observers,” he answered. “But to be perfectly

honest my taste in music is primarily classical, so I’m not sure if my tastes fit your question. However, I do occasionally listen to jazz and when I want to clear the room I put on some Gregorian chant.”

Also on the subject of rap, another Redditor asked, “Who is your favourite member of the Wu-Tang Clan, and why is it RZA?” Soknacki admitted having to Google both. “I’m not sure I would have a favourite member, but if yours is RZA then I respect that.”

Soknacki also laid out specific policy stances, including his conditions for supporting an expanded Billy Bishop airport. He expects that it complies with more stringent emissions and noise regulations, that it complies with federal safety standards, and that council approves a plan for improving the chaos at the foot of Bathurst and Lakeshore.

“This plan must cope with current volumes as well as projected volumes, otherwise we’ll have a shiny new expanded airport and a giant mess for those who live, work and go to school in the area,” he said.

Toilet video flushes drunk-driving case

Monitoring

The court heard testimony that OPP cells have been video monitored since 2010 and the digital files stored on internal servers.

Drunk-driving charges against an Ottawa woman were stayed after a judge ruled her charter rights were violated when she was filmed using the toilet in a Toronto OPP holding cell.

Ontario Court Justice Paul Reinhardt found there was “no legitimate basis” for recording Angela Smith, an Ottawa chiropractor, according to his written decision released Monday.

The judge ruled Smith's

personal privacy and right to dignity were infringed when she was forced to use the toi-

let under surveillance in the holding cell of a Toronto OPP detachment. Reinhardt also found Smith had to ask for toilet paper and was not given feminine hygiene products when she requested them.

Smith was arrested in 2012 after she was pulled over on the westbound 401 from Oshawa. She pleaded not guilty in March 2013.

In May Smith's lawyer,

Lorne Sabsay, brought an application before the judge arguing her charter rights against unreasonable search or seizure had been breached.

Smith testified that as she went to use the toilet, she looked up to see a camera facing her, which “appeared to fully capture her naked lower torso and her fully exposed private parts.”

TORSTAR NEWS SERVICE

LAST
CHANCE
OFFER ENDS MARCH 31



THE HOTTEST SAMSUNG SMARTPHONE SALE.

NOW SAVE \$500 UP TO with WINDtab™ on the hottest Samsung Smartphones with select unlimited plans.

WIND
true mobile freedom™

Green coffee shop funds anti-climate change lobby

The Green Beanery.
The owners of the coffee shop advocate a fringe view of environmentalism

DYLAN ROBERTSON
toronto@metronews.ca

A popular Toronto coffee shop that touts its eco-friendly products is owned by a lobby group that denies man-made climate change.

The Green Beanery, an organic coffee company with a

flagship store at Bathurst and Bloor, has this posted on its website: "Green Beanery is a non-profit organization owned by Energy Probe Research Foundation. All earnings from Green Beanery's operations support the work of Probe International, a federally registered Canadian charity that works with citizen's groups around the world to protect their lands and their livelihoods."

What it doesn't mention is that Energy Probe is a lobby group that rejects the validity of climate-change research. Founded in the late 1960s, the group was among the first in Canada to raise the alarm about

climate change, according to founder Lawrence Solomon.

"Subsequent research, however, showed us convincingly that man-made climate change is not a threat and that, in fact, policies to combat climate change have damaged the environment," Solomon said in an email to Metro.

Solomon says real environmental threats include nuclear power, the use of crops for bio-fuel and dams that cause flooding in the developing world. In a series of National Post columns, he says fossil fuels are the most environmentally friendly source of energy.

The charity's CRA fil-

ings show that Energy Probe brought in \$1.3 million in 2012 in non-donation revenue. Solomon says all of Green Beanery's profits go to the Probe International division, but refused to give a figure.

Green Beanery serves coffee from small-scale farmers in the developing world. It uses recyclable coffee cups and promotes sustainable development. A number of customers told Metro they feel duped for supporting a non-profit, organic coffee shop whose owners advocate a fringe view of environmentalism, while others laud the café for clearly listing its affiliations online.



The Green Beanery at Bathurst and Bloor. DYLAN C. ROBERTSON/FOR METRO



Send money from more places with our Mobile App.

With the BMO® Mobile Banking App, completing everyday transactions like sending *Interac* e-Transfers® is quicker and easier than ever. So you can get on with your day, your way. Plus, BMO Mobile Banking is safe and secure, so you can confidently bank on the go.

↓
DOWNLOAD OUR
UPGRADED APP
TODAY

BMO  Bank of Montreal
Making money make sense®

®Registered trade-marks of Bank of Montreal.

®*Interac, the Interac logo and Interac e-Transfer are registered trade-marks of Interac Inc. Used under license.

Poll says jets favoured for Billy Bishop airport



Billy Bishop airport
COLIN MCCONNELL/TORSTAR NEWS SERVICE

More are in favour of putting jets on Billy Bishop airport than oppose the idea, according to Forum Poll's "random sampling of public opinion" from Toronto residents.

Out of 1,271 people surveyed, those in favour comprised 46 per cent, up from

43 per cent since the last poll conducted in December, while the opposition is at 40 per cent.

The results showed that support of the jets was particularly common in males (58 per cent), the wealthy (53 per cent), those living in Etobicoke/York (56 per cent)

those who drive to work or school (55 per cent) and supporters of Mayor Rob Ford (60 per cent).

In addition, 48 per cent were in favour of extending the runways to accommodate the jets, up from 44 per cent in December, while 40 per cent were not. Sup-

port of the runway project was common in the youngest people surveyed (52 per cent), males (56 per cent), residents of Etobicoke/York (55 per cent), drivers (55 per cent), those holding a post-secondary degree (53 per cent), among past Rob Ford voters (61 per cent), future

Ford voters (63 per cent) and those who approve of Ford in general (60 per cent).

Sixty-six per cent said having a city airport was a good thing, while 24 per cent said it was a bad thing. Nine per cent didn't have an opinion on the matter.

TORSTAR NEWS SERVICE

Mayoral candidate is 18, and knows what she wants

Morgan Baskin. High school student is fine with novelty status, as long as she's heard



MATT ELLIOT

toronto@metronews.ca

Morgan Baskin is 18 years old. She lives in the downtown neighbourhood of Corktown and is set to graduate from high school in June. She likes to read and says she probably watches too much TV — or used to, anyway.

And, oh yeah, she's running to be the next mayor of Toronto.

Baskin registered to run earlier this month and since then has faced a steady barrage of attention. The spotlight is always a good thing for an aspiring politician, but I've been wondering if the coverage has been portraying her as only a novelty — a wannabe teen mayor.

When Baskin and I meet for an interview, I start out by asking her about that. Does

she worry about being cast as nothing more than the political equivalent of Doogie Howser?

"I do," she tells me. "But to some extent I'm OK with my age getting me in the door because it's going to be my politics that keeps me there."

So we talk about her politics. I ask the same questions I'd ask any mayoral candidate.

She stresses the need for what transit nerds call the "downtown relief line" — though she says the subway is "really about moving people in the suburbs better." She's pro-development as long as it creates opportunities and protects heritage. And she's concerned that property taxes remain the city's main revenue stream.

Mostly, though, Baskin highlights the importance of listening to experts — something she feels has been lacking at city hall lately. "We need to ask the people who know," she says. "Let's look at a bunch of different plans, weigh the pros and cons, and say yes to one — as soon as possible."

Sounds simple, but city hall hasn't exactly been known for making speedy decisions. Baskin chalks that up to one of the



Mayoral candidate Morgan Baskin will graduate from high school in June. CONTRIBUTED

centrepieces of her campaign: an ugly urban-suburban divide that she wants to fix.

"There's underlying resentment about where people live and how much money they make and how much money people in their wards make and it's just unhelpful. And it's been affecting every single decision."

Her passion for being mayor is most clear when she talks about the divide, but it's not

until I ask her what the average 18-year-old thinks about this city that I begin to understand why she's running.

"I think the average 18-year-old is mostly unhappy," she says. "For a lot of reasons. We've kind of been given a road map and a destination that are unachievable and completely irrelevant to our lives."

She talks of how pensions and home ownership seem

impossible for young people to achieve in today's economy. And she talks about how frustrating it is when older politicians write off the youth vote while talking up young people as the "leaders of tomorrow."

"We don't have time to wait around to be the leaders of tomorrow," Baskin says. "We're the leaders of today. And you need to let us do that.... Youth just want to be listened to."

Baskin's key policies

- **On transit.** Build the relief subway line, but don't forget about improved bus service and the importance of the streetcar network.
- **On development.** Protect heritage, but don't reject developments that can provide opportunities to create neighbourhoods "with businesses, culture, city services and living space."
- **On listening to the experts.** Politicians aren't urban planners, engineers, environmental planners or traffic experts. She says politicians should listen to those people when making decisions.
- **On the urban-suburban divide.** She's invested in the future of the city as a whole and wants to bring the suburbs and downtown together. "It's about the whole city's health and if a part of this city is unhealthy, the whole city is unhealthy."
- **On the youth vote.** Baskin says it's possible to increase voter turnout among the 18-34 demographic. "If everyone's always saying: 'Youth don't vote,' then youth don't vote. If we say: 'Youth need to vote, youth care, youth can vote,' then youth will vote." Early signs are promising: "I've gotten the kind of emails that are like: 'I'm 24, I've never voted for anything before, but you've inspired me to vote ...'"

Youth in revolt

"We don't have time to wait around to be the leaders of tomorrow. We're the leaders of today."

Morgan Baskin, mayoral candidate, on involving youth in the political process



RICK MERCER REPORT

This week, Rick explores the latest in Winter Transit on the streets and waters of Parry Sound, ON.

cbc.ca/mercerreport



@rickmercer

BRAND NEW
EPISODE

TONIGHT at 8/8:30NT
followed by 22 Minutes



WINNING.

IT'S A FAMILY TRADITION.



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

2014 MAZDA3
BEST NEW SMALL CAR
(UNDER \$21,000)



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

2014 MAZDA3 SPORT
BEST NEW SMALL CAR
(OVER \$21,000)



2014 CX-5
COMPACT UTILITY
OF THE YEAR



AUTOMOBILE JOURNALISTS
ASSOCIATION OF CANADA

2014 MAZDA6
CANADIAN CAR OF THE YEAR AWARD



The view from home

Harper: 'We must keep the pressure on' Russia

Prime Minister Stephen Harper says Canada will impose more sanctions on Russia as a result of Sunday's vote in Crimea to secede from Ukraine.

Harper said Monday that the result of the so-called referendum is illegitimate and was conducted under an illegal occupation.

Harper said his government will be announcing more economic sanctions and travel restrictions on "senior people" in Russia and Ukraine, and "in Crimea specifically."

"It's my strong belief we must keep the pressure on and we must continue to maintain sanctions and maintain putting in place strong steps to dissuade this behaviour," Harper said. "What the Putin regime has done cannot be tolerated and can never be accepted."

THE CANADIAN PRESS

West hits Russia with sanctions over Crimea

Tensions rising.

Ukraine's president activates thousands of military reservists as Russian troops mass near its border

Russian President Vladimir Putin recognized Crimea as a "sovereign and independent country" Monday, just hours after the strategic Black Sea peninsula declared it had broken away from Ukraine.

The moves triggered the toughest Western sanctions against Russia since the Cold War — with Washington and the European Union retaliating with asset freezes and travel bans and U.S. President Barack Obama vowing to "increase the cost" if the Kremlin does not back down.



U.S. President Barack Obama
THE ASSOCIATED PRESS

Ukraine's turmoil has become Europe's most severe security crisis in years and tensions have been high since Russian troops seized control of Crimea, which decided in a Sunday

referendum to merge with Russia. Putin signed a decree recognizing Crimea's independence, and Russian troops were massed near the border with Russian-speaking eastern Ukraine.

Ukraine's acting president raised tensions on the ground by calling for the activation of some 20,000 military reservists and volunteers and for the mobilization of another 20,000 in the national guard.

The U.S., EU and Ukraine's new government do not recognize the referendum held Sunday in Crimea, which was called hastily as Ukraine's political crisis deepened with the ouster of President Viktor Yanukovich following months of protests and bloodshed. In addition to calling the vote itself illegal, the Obama administration said there were

"massive anomalies" in balloting.

A top Russian official hit by sanctions mocked Obama.

"What should those who have neither accounts nor property abroad do? Have you not thought about it?" Deputy Prime Minister Dmitry Rogozin tweeted. "I think the decree of the President of the United States was written by some joker."

The Crimean parliament declared that all Ukrainian state property on the peninsula will be nationalized and become the property of the Crimean Republic. It gave no further details. Lawmakers also asked the United Nations and other nations to recognize it and began work on setting up a central bank with \$30 million in support from Russia.

THE ASSOCIATED PRESS



An elderly woman speaks to a Russian overwhelmingly to secede from Ukraine and

Hurry in for a \$100 bonus gift on select smartphones.

Plus, get more deals on other great phones!



Samsung Galaxy Ace II x™

\$0 With Tab Small²



Samsung Galaxy S III™

\$0 With Tab Medium²



Offer ends March 31, 2014.

koodo™



FUTURE SHOP

BLACK
www.black.ca

MOBILE SHOP

CELLULAR POINT

Walmart

koodo
shop

Bowmanville Mall
Bramalea City Centre
Burlington Mall
Cambridge Centre
Cloverdale Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall

Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Intercity Shopping Centre
Lambton Mall
Lansdowne Place
Lime Ridge Mall

Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre

Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Square One
Station Mall
Stone Road Mall
Tecumseh Mall

Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

(1) Bonus gift will vary by store location and value of phone. See store for full details. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.



military man outside a Ukrainian military base on Monday in Simferopol, Ukraine. Voters on the autonomous Ukrainian peninsula of Crimea voted over join Russia. DAN KITWOOD/GETTY IMAGES



A Ukrainian soldier adjusts his balaclava as he guards a military camp near Michurino, Ukraine, Monday. Acting president Olexandr Turchynov on Monday described Sunday's Crimean poll as a farce that would "never be recognized by Ukraine and the civilized world." SERGEI GRITS/THE ASSOCIATED PRESS

What's next?

- A delegation of Crimean lawmakers was set to travel to Moscow on Monday for negotiations on how to proceed. Russian lawmakers have suggested that formally annexing Crimea is almost certain — with one saying it could happen within days.
- The Crimean referendum could encourage rising pro-Russian sentiment in Ukraine's east and lead to further divisions in the nation of 46 million.
- In Kyiv, acting president Oleksandr Turchynov vowed that Ukraine will not give up Crimea.

Some of Canada's
supermarkets are switching
to ocean-friendly tuna.

When will Walmart offer
sustainable tuna to its
customers?



greenpeace.ca/tunaranking

GREENPEACE

Scientists find Big Bang's 'smoking gun'

'You can see back to the beginning of time'. Expert believes finding is among the greatest discoveries over the last 25 years

The universe was born almost 14 billion years ago, explod-

ing into existence in an event called the Big Bang. Now researchers say they've spotted evidence that a split-second later, the expansion of the cosmos began with a powerful jump-start. Researchers reported Monday that they found this evidence by peering into the faint light that remains from the Big Bang.

For their research, astronomers scanned about 2 per

cent of the sky for three years with a telescope at the South Pole, chosen for its very dry air to aid in the observations.

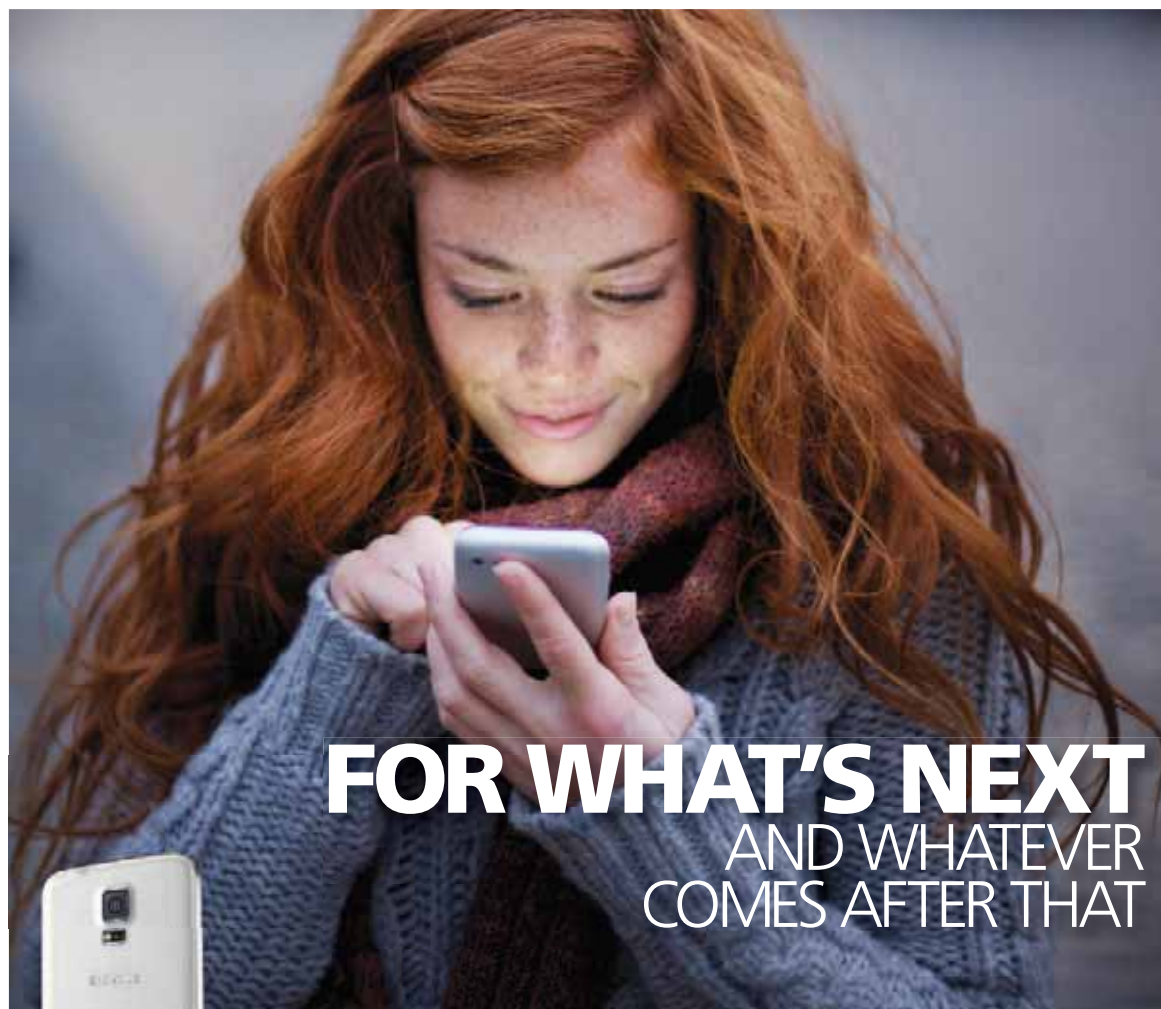
They were looking for a specific pattern in light waves within the faint microwave glow left over from the Big Bang. The pattern has long been considered evidence of the rapid growth spurt, known as inflation. The research team's leader, John Ko-

vac of the Harvard-Smithsonian Center for Astrophysics, called it "the smoking gun signature of inflation."

The discovery "gives us a window on the universe at the very beginning," said theoretical physicist Lawrence Krauss of Arizona State University, who was not involved in the work. "You can see back to the beginning of time." **THE ASSOCIATED PRESS**



Scientists used telescopes in Antarctica to find evidence the universe began with a split-second of rapid growth. COURTESY STEFFEN RICHTER/THE ASSOCIATED PRESS



FOR WHAT'S NEXT AND WHATEVER COMES AFTER THAT



Samsung Galaxy S5™ Coming Soon!

NOW GET A NEW PHONE EVERY YEAR WITH ROGERS NEXT™

GET YOUR NEXT PHONE FOR \$0^{on select 2-yr. plans}

• Sign up for \$24.99/mo.

• After 12 months, trade in your current device with no balance to pay off, and get a hot new phone for \$0

ROGERS FREEDOM YEARLY UPGRADE PROGRAM | DATA SHARING | PRICE MATCH | FREE PLAN CHANGES WITHIN TIER ADVANTAGE

1 888 ROGERS1
rogers.com/next
Visit your local Rogers store

LIVE LIKE NEVER BEFORE™



*Available to Rogers wireless postpaid customers with eligible premium smartphone activating/upgrading on 2-yr. Talk, Text and Internet plan having min. \$60 monthly service fee. Must enroll within 30 days of activation/upgrade. Program fees (\$24.99/mo. or \$29.99/mo. with Device Protection Premium) non-refundable (even if you terminate prior to upgrade). After enrollment for 12 consecutive months, participants who trade in current device in good working condition and maintain program enrollment may upgrade to new premium device for \$0 (up to \$250 max. based on 2-yr. pricing) with new 2-yr. plan in highest tier category. See rogers.com/next for full terms and conditions. ©2014 Rogers Communications.



Indians celebrate the spring festival of colours

A man smears the face of a woman with colours during celebrations marking Holi, the Hindu festival of colours, in Mumbai, India, Monday. The holiday, celebrated mainly in India and Nepal, marks the beginning of spring and the triumph of good over evil.

RAJANISH KAKADE/THE ASSOCIATED PRESS

Toxic smog. Paris curbs use of cars on city streets

Paris imposed drastic measures Monday to combat its worst air pollution in years, banning around half of the city's cars and trucks from its streets for a day in an attempt to reduce the toxic smog that's shrouded the City of Light for more than a week.

Cars with even-numbered license plates were prohibited from driving in Paris and its suburbs.

France has seen exceptionally warm, dry weather this month with little wind, which has trapped car pollution and fumes from seasonal farming activity in the air.

Environment Minister Philippe Martin said lower traffic and favourable weath-

In other cities

- Athens has had an alternate driving ban in place for years. In Brazil, Sao Paulo employs a licence plate-based system that assigns each car a day of the week when it cannot be driven in rush hours.

er patterns were having an impact on pollution, and that the alternate-plates measure would be lifted Tuesday.

All public transport has been free for four days straight to help deal with the pollution — but that too is set to end Tuesday.

THE ASSOCIATED PRESS

Earn up to 20,000 Aventura Points, plus no annual fee for the 1st year.¹



The new CIBC Aventura® Travel Rewards Program.
So good even penguins can fly™.



With flights for as little as 10,000 points, you'll be flying in no time. But hurry! You need to apply by March 31, 2014, to receive the offer.



Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

¹ Offer applies to newly approved eligible Aventura credit card accounts only for applications received between January 1 and March 31, 2014; transfers from an existing CIBC credit card are excluded. Bonus points and annual fee rebate awarded to the primary cardholder. Qualifying purchases must be made to receive bonus points. Offer may be withdrawn or changed without notice at any time. Conditions apply; for details visit cibc.com/penguinscanfly. ² Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally/when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. Visa™ and Visa Infinite™ are trademarks of Visa Int./CIBC lic. user. All other trademarks are owned by CIBC or related entities.

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short-term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

LIFE INSURANCE

Mortgage Insurance / Line of Credit Insurance

Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50%...LOWEST RATES GUARANTEED!
For Instant QUOTE: Visit www.henriquesfinancial.com

Monthly Premium for a 10 yr. Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	\$100,000		\$250,000		\$500,000	
	Male	Female	Male	Female	Male	Female
30	11	9	13	11	19	15
45	16	13	23	17	33	22
65	61	41	146	94	285	183

Also Available: Life Insurance without medicals!

Other Plans: Term 20, 25, 30, 40, Term 100, Universal Life, Critical Illness

Brokers Representing: Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPP, Empire Life, Desjardins

Also Available: 1st & 2nd Mortgage, Refinance, Renewal, Debt Consolidation

Call Guilroy or Rahul at 416-898-8889 or 905-282-0800
or toll-free 1-888-744-9418 (24/7)

Email: henriquesfinancial@rogers.com
Website: www.henriquesfinancial.com

Henriques Financial Inc.
SECURING YOUR FINANCIAL FUTURE!

Mortgages provided by a licensed mortgage agent at C.M.B. Canada Mortgage Brokers Inc. # 10134/ M080000478

N.Y.C. mayor skips St. Pat's parade

Tension over gay expression. Organizers said gay groups were not prohibited from marching, but couldn't carry signs

New York City's St. Patrick's Day parade stepped off Monday without Mayor Bill de Blasio marching along with the crowds of kilted Irish-Americans and bagpipers amid a dispute over whether participants can carry pro-gay signs.

The world's largest parade celebrating Irish heritage set off down Fifth Avenue on a cold and grey morning, the culmination of a weekend of St. Patrick's Day revelry.

De Blasio held the traditional St. Patrick's Day

breakfast at Gracie Mansion with the Irish prime minister, Enda Kenny, but was boycotting the parade, which doesn't allow expressions of gay identity. Boston's new mayor, Martin Walsh, also opted out of that city's parade Sunday after talks broke down that would have allowed a gay veterans group to march.

Guinness beer abruptly dropped its sponsorship of New York's parade on Sunday over the controversy. The Dublin-based company has pulled sponsorship assets, including on-air presence, parade participation and any promotional materials that weren't already printed, although the beer maker had already made a payment to parade organizers, spokeswoman Alix Dunn said.

Other beer companies earlier joined the boycotts, with



In this Friday, March 17, 2006 file photo, members of the Irish-American gay community protest on Fifth Avenue the exclusion of gay expression from the annual St. Patrick's Day Parade in New York. DIMA GAVRYSH/THE ASSOCIATED PRESS

Sam Adams withdrawing its sponsorship of Boston's parade and Heineken following suit in New York. That leaves Ford as the last remaining major sponsor of the Manhattan parade.

Parade organizers in New York have said gay groups were not prohibited from marching, but they were not allowed to carry gay-friendly signs or identify themselves as LGBT. **THE ASSOCIATED PRESS**



"I chose the Schulich MSBA because of its unique focus on both quantitative and management skills. I wouldn't have landed the job I wanted without this program."

EVAN GARMAISE (MSBA '13)
Senior Consultant
Deloitte Canada

Schulich Master of Business Analytics

A High-Demand Career

Master the skills to uncover business insights and drive decisions. This 12-month full-time degree leads to careers as a business analytics professional in the fields of strategy, research, marketing, consulting and sales.

Schulich Programs: MBA (Full-Time, Part-Time, Accelerated), IMBA, MBA/JD, MBA/MFA, MBA/MA, MPA, MF, MSBA, MAcc

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#22 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (13th best non-US school); *Corporate Knights* (#1 in the world); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#21 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, *Corporate Knights*, The Aspen Institute and *Expansión*.



PROGRAM INFORMATION SESSION

Downtown Campus

March 19, 6:00 pm - 7:30 pm

Miles S. Nadal Management Centre, 222 Bay St., Ste. 500

Main Campus

April 8, 6:00 pm - 7:30 pm

Schulich School of Business, York University, 4700 Keele St.

To register, visit: schulich.yorku.ca/infosessions

Diplomatic drama

Iran cancels dinner with EU's foreign policy chief

Iran's Foreign Minister Mohammad Javad Zarif cancelled a planned dinner meeting with the European Union's foreign policy chief Catherine Ashton on Monday over meetings she had with opposition activists during a visit to Iran earlier this month, semi-official Fars news agency reported.

THE ASSOCIATED PRESS

Anti-government rallies

Turkish activists charged following 2013 protests

Turkey's state-run news agency says a prosecutor in Istanbul has charged five prominent activists involved in last year's anti-government protests with forming a criminal gang and staging illegal demonstrations.

THE ASSOCIATED PRESS

British Columbia

Water permits for fracking illegal, lawsuit alleges

Environmental advocates say the B.C. government has been illegally granting natural gas companies repeated short-term approvals, allowing them to use large quantities of fresh water for years without obtaining full water licences. The Western Canada Wilderness Committee and the Sierra Club of B.C. are asking a court to throw out the short term approvals granted for water use for fracking.

THE CANADIAN PRESS

Serial killer case

\$50K for children of Pickton's victims

The botched investigation in British Columbia into serial killer Robert Pickton has resulted in a settlement of \$50,000 for each of the victims' children who sued the government and the RCMP. THE CANADIAN PRESS

Trial. Pistorius had a 'great love and enthusiasm' for guns, firearms trainer says

Oscar Pistorius once said he mistook the sound of a washing machine for an intruder and went into "combat mode" in his house, a South African guns expert testified Monday at the athlete's murder trial in Pretoria, South Africa. Months later, Pistorius killed his girlfriend by shooting her through a closed toilet door.

Sean Rens also said the Olympian had a "great love

and enthusiasm" for guns and wanted to buy seven more in 2012, to add to the 9 mm pistol he already owned. He asked Rens, a firearm trainer, to procure them for him under a gun collector's permit.

Pistorius said he killed girlfriend Reeva Steenkamp by accident on Feb. 14, 2013, mistaking her for an intruder in his home. Prosecutors say he killed her intentionally after an argument. THE ASSOCIATED PRESS



Oscar Pistorius wipes his eye during crime scene photographs as he sits in the dock in court in Pretoria, South Africa, on Monday. Pistorius is on trial for the murder of his girlfriend Reeva Steenkamp on Valentine's Day 2013.

DANIEL BORN/THE ASSOCIATED PRESS

In 1 year become a

✓ **PARALEGAL**
✓ **LAW CLERK**

Herzing College offers a one year LSUC-accrediting Paralegal program and Law Clerk program that include internships.

EVENING
CLASSES START
MARCH 24TH!



Why Choose Herzing College?

- 93% Employment Rate for 2013
- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Development Department
- Instructors with industry experience
- Program includes field trips and guest speakers
- Presentation Centre for Student mock trials
- Resource Library
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

Join us on facebook.com/herzingtoronto

Contact Herzing College today!

HERZING
COLLEGE

Check out our student testimonials on youtube!

416-599-6996

Herzing.ca/Toronto | infotoronto.herzing.edu

Advertisement

Germany's Most Popular Diet Program

Gives you noticeable results in just 14 Days

Want to look and feel great? The unique gluten-free Almased formula is clinically tested and blends only non-GMO soy, yogurt and honey in a special fermentation process. Almased contains no artificial fillers, flavors, added sugars, preservatives, or stimulants. Over 10 years of scientific research shows that Almased nourishes the body and is a factor in the maintenance of good health.

4 ways Almased works in the body

1. Helps the body to metabolize carbohydrates and fat.
2. Helps in weight management when used in conjunction with a healthy habit of diet and exercise.
3. Helps in the function of the thyroid gland.
4. Is an antioxidant for the maintenance of good health.



LOST
75
POUNDS

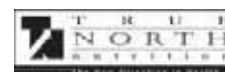
Slim to Win

Join the Almased Challenge

Use Almased to support weight loss and send your story along with before and after photos to stories@almased.com. If chosen as our monthly winner, you will receive \$150, a free photo session and even be featured on our social media sites and in select ads.

For information about the Slim to Win Challenge or Almased, in general call 1-877-ALMASED (1-877-256-2733) or visit www.almased.ca.

For retailer inquiries, please call True North Nutrition directly at toll free 1-800-261-4223 or visit www.healthstorelocator.com



COURTESY NASA



Moon mining: The 21st century gold rush

What's up there

- H₂O. Used for drinking and, when separated into hydrogen and oxygen with a little electricity, as rocket fuel.
- Rare earth minerals — platinum, rhodium, gold. Not just bling, platinum group metals are used as catalysts in solar panels. Right now their cost is one of the barriers to making cheap solar cells.
- Helium-3. A potential radiation-free fuel for nuclear energy production.

Building an economy in space. Many elements that are rare on Earth can be found aplenty on the moon

STEPHANIE ORFORD

For Metro in Vancouver

Five years ago, if you had brought up moon mining among geologists, “you would have been laughed out of the room,” said Gordon Osinski, founder and director of the Canadian Lunar Research Network, and an assistant professor of geology at the University of Western Ontario.

Times have changed. Mining on the moon and on asteroids, formerly the stuff of science fiction, is clearly in the sights of governments and, increasingly, private companies.

In February, NASA announced it was accepting applications from U.S. companies to build robots for lunar prospecting, a step toward creating an economy in space.

And there's certainly a market for what's up there. Many elements that are rare on Earth can be found aplenty on the moon. Satellite imaging has shown that the top 10 centimetres of regolith (moon soil) at the south pole of the moon

Mission: 2018

Canada at a crossroads

Moon and asteroid mining is an opportunity Canada cannot afford to miss out on, according to Dale Boucher, CEO of Deltion Innovations.

Boucher's Sudbury, Ont.-based company has developed a drill for extraterrestrial prospecting. In March 2012, NASA invited the Canadian Space Agency to provide Deltion's drill system and a rover vehicle for a proposed lunar prospecting mission in 2018.

The Canadian government must now decide whether to fund this.

The mission would research in-situ resource utilization — small-scale extraction and refining of resources that are used on the spot. These technologies, including Deltion's drill, could be adapted to larger-scale operations.

The 2018 prospecting mission would sample the south pole of the moon for water ice, and would be the first-ever mission to the moon that would have a “mining flavour,” said Boucher. Water



Testing of Deltion's DESTIN drill in frozen lunar simulant. CONTRIBUTED

is an important first step, he explained. When split into oxygen and hydrogen, it's a fuel that can be used to power further exploration.

“Canada is at a crossroads right now and the next few months will be very telling.”

quarter of a million dollars,” said Boucher.

But companies are working quickly to reduce that cost. Companies like SpaceX, which streamlines the production and usage of its space vehicles to make them economically viable, are showing that private businesses can get into space more cheaply and efficiently than countries can.

Once you've landed on the moon, you're confronted with more challenges. The ground temperature is -200 C, there's no atmosphere and solar radiation can damage equipment.

Not all the difficulties are

technical, however. If lunar resource extraction becomes an international activity, there may be conflict over who owns those riches.

In 1967, two years before the first humans landed on the moon, the United Nations created the Outer Space Treaty, but that agreement was vague on resource extraction.

“Those policy and legal issues are going to be as challenging as the engineering,” said Osinski.

Despite its challenges, he anticipates that mining on the moon and asteroids will become a reality in 10 to 20 years.

Nuclear energy

He-3

Q&A

Helium power

Over billions of years, solar winds have embedded helium-3 into the top 10 centimetres of the moon's soil. Researchers believe helium-3, which is scarce on Earth, may be the key to fueling sustained, large-scale nuclear fusion reactions that could power cities. Nuclear fusion, the fusing of atoms, is different from current nuclear power plants, which run by nuclear fission, the splitting of atoms. Existing plants split radioactive isotopes of uranium, producing hazardous waste. Not a problem with helium-3, as it is not radioactive.

If reactors get past the research stage, helium-3 could provide the first-ever fuel for nuclear-energy production that doesn't pose a risk of radiation.

“I think it is a question of when, not if.”

However, the Canadian Space Agency has no plans for large-scale extraterrestrial resource extraction, says Osinski.

Changing the mass of the moon

Gordon Osinski is the founder and director of the Canadian Lunar Research Network and an assistant professor of geology at the University of Western Ontario.



Osinski

If we change the mass of the moon by extracting all these resources, will this affect our tides or have other gravitational effects?

It would have to be a huge fraction of the entire mass of the moon that you'd have to remove. A big part of my research studies meteorite impact craters and there are giant holes in the moon from asteroids and comets hitting it. None of those impact events have had an effect on the moon's rotation.

Could mining change the way we see the moon from Earth?

You'd have to do it on such a large scale to ever be able to see it from the earth.... Maybe in 1,000 years time it'll be a discussion point.

Why stop at mining?

According to Osinski and Boucher, the moon could also be home to:



Rocket fuelling stations

Stations that extract water could split H₂O to produce oxygen and hydrogen, fuel for missions venturing farther out into space.

Long-range telescopes

The darkness on the far side of the moon would allow telescopes to see even deeper into the universe than the Hubble.



Advertising opportunities

If astronaut Chris Hadfield can tweet a picture of himself from space, more extraterrestrial product placement is likely on the horizon.



Space hotels

“To me, one of the most iconic images ... is just that image of Earth from the moon,” said Osinski. “I think people would probably just pay for that.”





A good ol' wild legal standoff over whiskey

In this May 2009 file photo, Jeff Arnett, the master distiller at the Jack Daniel's Distillery in Lynchburg, Tenn., tests the aroma of whiskey. Jack Daniel's is fighting efforts in the state legislature to dial back the legal definition of Tennessee whiskey, a definition that resembles almost to the letter the process used to make Jack Daniel's. State lawmakers say the requirements make it too difficult for craft distilleries to market their spirits as Tennessee whiskey, a distinctive and popular draw in the booming American liquor business. MARK HUMPHREY/THE ASSOCIATED PRESS FILE

Market Minute

DOLLAR
90.47¢
(+0.34¢)

TSX
14,231.89 (+4.23)

OIL
\$98.08 US (-\$0.81)

GOLD
\$1,372.90 US (-\$6.10)

Natural gas: \$4.52 US (+\$0.02)
Dow Jones: 16,247.22 (+181.55)

Waterloo

BlackBerry cuts 120 workers

BlackBerry has laid off 120 employees in its product development and wireless technology divisions, the company with headquarters in Waterloo said Monday.

THE CANADIAN PRESS

Will the real Bitcoin brainchild please stand up?

We're gonna have a problem here.

Dorian Satoshi Nakamoto denies he is the creator of the digital currency



Dorian S. Nakamoto denied being behind Bitcoin in an interview with The Associated Press. THE ASSOCIATED PRESS FILE

The man Newsweek claimed is the creator of Bitcoin has hired a lawyer in an attempt to clear his name, repeating a denial he made to The Associated Press more than a week ago that he has never had anything to do with the digital currency.

In a statement issued by his lawyer, Ethan Kirschner, Dorian Satoshi Nakamoto said Monday that he "did not create, invent or otherwise work on" Bitcoin. In the magazine's return to print this month after more than a year, News-

whether he plans to sue the magazine.

Nakamoto repeated that he had not heard of Bitcoin until his son told him a reporter asked about it in mid-February. He said he has not been able to find steady work for 10 years and had cancelled his Internet service last year "due to severe financial distress."

Nakamoto added that he is trying to recover from prostate surgery in 2012 and a stroke he suffered last October.

Newsweek developed its thesis on the creator's identity by matching Nakamoto's name, educational history, career, political views and writing style to the alleged creator of Bitcoin, who has been known only as "Satoshi Nakamoto." Many believe the name to be a pseudonym.

THE ASSOCIATED PRESS

week's cover story declared Nakamoto to be the "face behind Bitcoin."

Despite the repeated denials, the magazine has stood behind the story.

Nakamoto, 64, did not say

Don't let bad decisions follow you into work.

Feeling less than top o' the morning today? Along with posting over 650 new jobs every day, we also have the best tips and tools to help make sure that once you find a job, you stay there. It's what makes Workopolis Canada's number one job site.

workopolis.com

#workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



BAN 'BOSSY' OR BE THE BOSS?

Earlier this month, Facebook COO Sheryl Sandberg launched a high-profile public service initiative to ban the word 'bossy' from our collective vocabularies. She argues that the contentious five-letter word quashes young girls' self-esteem and discourages them from pursuing leadership roles.

Bossy might seem like a relatively innocuous adjective, but think for a moment about how often you've heard a male executive described in this manner. Like catty, bitchy and hysterical, bossy is a loaded expression that is uniquely gendered in its application. Whether you're chastising a difficult child or whining about an argumentative manager, bossy is most-often used to describe female behaviour and it's usually employed in a derogatory way.

The pejorative put-down — which brings to mind shrill nagging rather than competent management strategies — has a real impact on the way women in managerial positions are viewed by others. Aggressive people get the job done; bossy people just make



SHE SAYS
Jessica Napier
metronews.ca

a lot of noise.

Plenty of prominent female celebrities are getting on board the #BanBossy bandwagon — including Diane von Furstenberg, Jennifer Garner and Beyoncé, who all appear in a YouTube video as part of the campaign. As usual, Queen Bey's words are the most resonant: "I'm not bossy," she proclaims, "I'm the boss." Bow down, indeed.

While policing everyday language is a seemingly impossible task, it's important to create awareness about how certain words are used to reinforce negative stereotypes about women in leadership positions. Rather than labelling outspoken women as bossy, we should be encouraging them to raise their hands, give direction, voice their ambitions and take on commanding

roles. But before we attempt to embargo bossy forever, let's take a moment to remember some of the best examples of women who made bossy look good.

Tina Fey, whose bestselling autobiography *Bossypants* — which chronicles her rise to fame in the male-dominated world of

comedy — is both laugh-out-loud funny and incredibly inspiring. Amusingly, Amazon lists Fey's book alongside Sandberg's book *Lean In* as items that are frequently bought together.

The anonymous individual behind Urban Dictionary's top definition for the word bossy sums it up well. The streetwise submission reads as follows: "Describes a girl who is the alpha-female or the queen bee. She is gettin paid, stayin fly, and is the leader of her crew. Respected by all; loved by some." With over 500 'up' votes, this is certainly a description that many of us can get behind.

Little Miss Bossy: the iconic big-mouthed, blue character from the popular children's books by Roger Hargreaves stays true to her name. Little Miss Bossy was the first female character to be introduced in the beloved Mr Men & Little Miss series, staying true to her assertive personality.

American R&B singer Kelis, who reminds us on her catchy 2006 power anthem *Bossy*, that she was the one who brought all the boys to the yard. Years later the song was featured on an episode of *30 Rock*, the award-winning sitcom created by and starring Tina (Bossypants) Fey.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Reviving ancient history



AMR NABIL/THE ASSOCIATED PRESS

Museum opening near pyramids

Egyptian conservators clean a female mummy dated to Pharaonic late period, (712-323 BC), in the conservation centre of Egypt's Grand museum under construction, just outside Cairo, on

Monday. Egypt's antiquities minister says construction has begun on the main hall of a massive new museum by the pyramids, the final phase of a complex that's intended to house 100,000 ancient artifacts including King Tutankhamun's mummy.

THE ASSOCIATED PRESS



A conservator cleans a piece of limestone. THE ASSOCIATED PRESS

Tourism suffering after years of turmoil

Authorities are seeking to revive Egypt's battered tourism industry after three years of turmoil. The Grand Egyptian Museum was supposed to open in 2012.

THE ASSOCIATED PRESS

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

In glorious news for Beatles nuts and guitar wonks, the excellent Guitar Collection: George Harrison has dropped from its initial price of \$10 to a virtually free tag of \$0.99. Spearheaded by Harrison's son, Dhani, the mobile app provides fans with an up-close look at the Beatle's fearsome guitar arsenal with a fully interactive photo gallery of Rickenbackers, Strats and ukuleles that would alone be worth the cost of entry to some.

But the real treasure lies in audio clips Dhani recorded before George's death, where the father tells the son about his favourite instruments, the stories behind them and the songs they graced — and it truly feels like you're sitting in the room with the pair, listening in.

Toss in a generous helping of Beatles lore and performance videos (including sessions featuring Dhani playing with Conan O'Brien, Ben Harper and others) and you have some of the best bang for a literal buck available on the App Store.



George Harrison
GETTY IMAGES

Twitter

@metropicks asked: By 2025 the Internet will flow in our lives like electricity, experts say. How do you imagine it in 2025?

@Canucklehead_ca: 90% 'which breed of cat are you' quizzes. That being said, unless you get a screen name soon you are likely out of luck.

@MomAndDadFight: in 2025 we've done away with names. Everyone is named Steven. Me and my cousin Steven are going to see Steven at the Stevenplex

Follow @metropicks and take part in our daily poll.

Comments

RE: Scared Of The 9-to-5 Grind? You Will Be After Watching This Film, published March 14

Looks very interesting! Personally I feel very similar when I commute to work every day. I see everyone with their faces planted on their devices. Nobody talks anymore, it's all texting! I went to a sushi restaurant the other day and saw five guys sitting in a booth. Every one of them glued to their phones and not conversing with each other. Just glaring and texting. It's a mad world we live in!!

Supair Mario posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

DVD review



American Hustle

Director. David O. Russell

Stars. Christian Bale, Amy Adams, Bradley Cooper, Jennifer Lawrence

American Hustle is a dance you want to join and a party invitation you want to take up.

"Some of this actually happened," the title card reads, referring to the parts of this shaggy dog narrative that ricochet off the real con game of the late 1970s and early 1980s, known as Abscam, when FBI agents posed as Arab sheiks to sucker and collar a passel of corrupt politicians.

Directed by David O. Russell, it stars Christian Bale, Amy Adams, Bradley Cooper and Jennifer Lawrence as scammers and flim-flammers on either side of the law, all comports themselves as if they wandered off the set of Saturday Night Fever.

Indeed, the ladies flash so much boobage in their permanently NSFW attire, it's almost as if they want to be ready in case a mirror ball suddenly starts flashing and the needle drops on a disc spinning Disco Inferno — although the more appropriate tune for this film might be Do the Hustle.

Extras include deleted and extended scenes and a making-of featurette.

PETER HOWELL

Nymphomaniac exposes surprising side of Slater

Revealing role.

Keeping his clothes on puts fading star back in the spotlight

MATT PRIGGE

Metro World News in New York

No, Christian Slater wasn't reluctant to do Lars Von Trier's sex movie Nymphomaniac. "My fiancée was concerned," he says, "because she's not an actress and not remotely interested or involved in this profession. She's never dated an actor before, so to hear of the project raised some red flags for her."

Then again, Slater was one of the few in the cast who didn't have to do the naughty stuff. He plays the father of the lead character, Joe (Charlotte Gainsbourg as an adult and Stacy Martin as a teen, young adult), a sex addict who relates a history of banging to a stranger (Stellan Skarsgaard). Slater keeps his clothes on, save some hospital gown malfunctions late in.

He still had reason to be scared. Von Trier has a reputation as an intimidating monster, one he himself has cultivated and fed to a hungry press. But despite Björk vowing never to act again after his Dancer in the Dark and Nicole Kidman running away from the sequel to Dogville, most actors have nothing but kind words for him. (Kidman has even said she'd work with him again.) Slater is no different.

"I found him to be very gentle and wonderful," he says. "The scenes that I had to



Christian Slater liked working with Lars Von Trier, calling the director 'very gentle'. DAN STEINBERG/THE ASSOCIATED PRESS

do were very gentle scenes. We shot some of it in his backyard. We used the area of forest he used to play in when he was a kid. I think he felt very sentimental about it."

Slater's material is atypically earnest and warm for Von Trier, and they add an important texture to a film that's

alternately comic and unpleasant. "I'm very happy that those scenes are in there. The movie needs that sensitive softer side. You need to understand that this girl did have some kind of deep, intense emotional background."

Slater shot his footage over four months, coming in and

out of a production that was much more wild when he wasn't there. "I would hear about these stories about what they shot, the sexuality, the prosthetic that Shia (LaBeouf) had to wear — these crazy insane stories," he recalls. "But what was funny to hear was when they shot the first sexual encounter scenes and then by the end they could have cared less, they got de-sensitized. 'Oh, lets just get naked again.' But me, I would just shoot these sweet scenes with this 12 year-old girl."

For Slater, his Nymphomaniac performance is kind of a new big break. He first came to attention in films like Heathers, Pump Up the Volume and Young Guns II, usually playing smirking wisecracks who seemed to be doing Jack Nicholson impersonations. (In person he's more boyish and endearingly excitable.) His career has tapered off over the last 15 years — he's mostly seen in DTV fare these days — but his Nymphomaniac turn is both prominent and revelatory, revealing untapped maturity and kindness.

Not that he was completely aware of this at the time. "Quite honestly, I didn't know what we were doing," he says. "(Von Trier) gave me no clear-cut direction how to communicate any of this stuff. I was making it up as I went along. He allowed improv moments. I think the thing he was most concerned about was slowing down, taking my time and not rushing through it."

The whole experience was a kind of rebirth. "It was very unusual," he says. "I kind of had to re-train myself."

2 SCENE



Win A \$40,000 Dream Wedding

LISTEN TO WIN THE WEDDING OF YOUR DREAMS! VISIT Z1035.COM FOR DETAILS









DO YOU HAVE A FATTY LIVER?

According to recent studies almost 40% of us and 90% of overweight people have fatty livers, making it one of the biggest health issues today. Having a fatty liver is not only linked to inflammation, diabetes and heart problems, but also to weight gain, specially around the belly.



What is a fatty liver?

You probably know of *foie gras*, which is French for fatty liver. This delicacy food is made from the controversial force feeding of animals. Large amounts of food stresses the liver and inhibits it from doing its job, burning calories and metabolizing fats. Instead the liver starts creating fat and storing it in the liver itself as body fat.

What is the cause?

The main reason a liver becomes fatty seems to be high amounts of fructose. The liver normally processes these well but when eaten in concentrated high amounts, the liver starts converting them to fat.

How to recognize if you have a fatty liver?

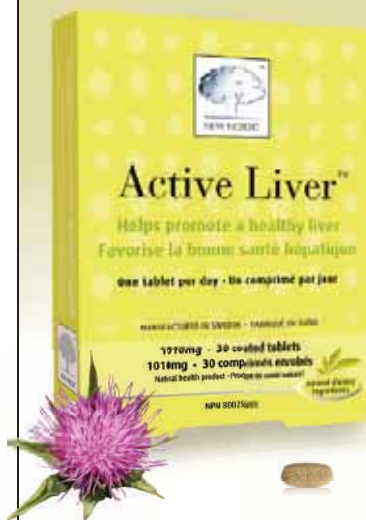
It can be hard to know if you have a fatty liver but the first sign is a big belly or what is known as having an apple shape. A fatty liver is bigger in size and this can make the upper part of the stomach seem protruding. Other signs can be fatigue, inflammation and poor cholesterol levels.



2 important steps to take to gain liver health

To start improving your liver's health there are two important steps to take. One is to cut all high fructose foods. Examples are sugary sodas, candy and any prepared foods with high fructose corn syrup. The second step is to assist the liver by taking liver supporting herbal extracts.

Active Liver™ tablets are made in Sweden by New Nordic. In contrast to diet products on the market, they specifically work to support the liver and increase the flushing of toxins and fats from your body. Simply take one tablet a day as your daily liver supporting supplement.



At participating pharmacies, health food stores and online. 1-877-696-6734.



NEW NORDIC
newnordic.ca



* © / ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with New Nordic. To make sure this product is right for you, always read the label and follow the instructions before using it.



Folkly siren Angel Olsen was a clear highlight of SXSW, and it's likely she'll be one of 2014's breakout stars. ZIA ANGER

SXSW: Teenage kicks and girls, girls, girls

Step aside, guys. It was the ladies and the youngsters who ruled South by Southwest this year

PAT HEALY
Metro World News

If this year's SXSW Music Conference in Austin, Texas, is any indication — and it usually is — then you're going to be hearing a lot more from the ladies. It's telling that the keynote speaker for the conference was Lady Gaga, who along with female-fronted acts like St. Vincent and Perfect Pussy generated the most "Did you get to see?" moments over the five days of music.

Angel Olsen is another woman who you'll be reading a lot more about, and all of the hype is warranted. Hailing from Chicago, she stands perfectly still as her songs course through her, delivering lyrics that feel like important truths that you hadn't yet considered. And the way her voice can effortlessly shoot up an octave will make your heart do somersaults.

Another female-fronted act that hasn't received quite as much acclaim as Olsen, but is just as deserving, are the Casket Girls. This Savannah band, headed by sisters Phaedra and Elsa Greene, make spooky pop music and incorporate goofy choreography into their dark lyrics. Chatting with the band in an old Airstream trailer at a nursery

(interviews at SXSW sometimes take place in unique locations) the Girls say that there are more women than men on their current tour with the bands Stargazer Lilies and Dreamend.

"I think it's totally awesome," says Elsa of the number of women who are making names for themselves in music. "It seems like it's been a totally male-dominated industry, so it's great.... If you think about it, women's lib was really not that long ago and it takes a really long time for that stuff to take effect."

Many times when interviewing musicians at SXSW, the discussions will take place at a bar over a few Bloody Marys. But the sweat-faded magic marker X's on the hands of The Orwells were an indication that the band, all of whom are 20 years old, wouldn't be following suit.

The Chicago five-piece, have been at it since high school (which was only a few years ago for them) and their tight bond comes across onstage. Their punk spunk, combined with a death-grip understanding of how the exchange of energy between

audience and band should work, made them one of the top must-see acts of this year's SXSW.

Chatting with the band on a sidewalk on 4th Street, what comes across is the youthful exuberance of their live show and a little bit of teenage cynicism. This is the third time they've played SXSW, so excuse them if they're a little jaded.

"Our first South-By, we found our manager," says singer Mario Cuomo. "That's like the best thing that it's ever going to do for us. Once you find a manager and a label that supports you, what the f— is the point of this?"

The point of it is exposure, and The Orwells are getting a lot of it, having already received seals of approval from the likes of Rolling Stone and Spin for their riotous performances here this year.

Another young band to receive widespread acclaim for their lively performances are The Strypes. Ranging in age from 16 to 18, this Irish five-piece come onstage chomping on gum and dressed to the nines, and then they proceed to play the type of British Invasion blues that would be noteworthy for its authenticity alone even if the band weren't so young. But the fact that they're starting so early gives hope for a long career.

"We don't really know what's next," says guitarist Josh McClorey, 18. "If we could make a career out of this that would be fantastic to eliminate the idea of having to go to a nine-to-five job that you don't really like."

All the young dudes

"We're just living in the present moment, and to us it makes perfect sense for a band to be this age, because most of the bands we like were that age."

Evan Walsh, 17, drummer for the Strypes



Lady Gaga ALL PHOTOS GETTY IMAGES

Lovato has the stomach to take on Gaga fans after pukey SXSW performance

Lady Gaga has received plenty of raised eyebrows for letting a performance artist vomit on her during a concert at SXSW last week, but some people were genuinely offended by the act, including Demi Lovato, who took to Twitter to criticize Gaga for glamorizing eating disorders. "Bottom line, it's not 'cool' or 'artsy' at all," Lovato tweeted. "Would you let someone bring a needle and

shoot up on you? Addiction is addiction." Some fans immediately came to Gaga's defence, accusing Lovato of throwing shade, but she would not be deterred. "It's not 'shade' and it's not 'hate.' But someone has to come forward and say it and I'll take the heat for it," she wrote. "Putting the word 'art' in it isn't a free card to do whatever you want without consequences."

Twitter



@MarkDuplass

I have been up for 2 hours and I remember maybe 6-7 minutes of it.



@ParisHilton

Just had an amazing 2 hour deep tissue massage. Feeling happy & relaxed. Loves it



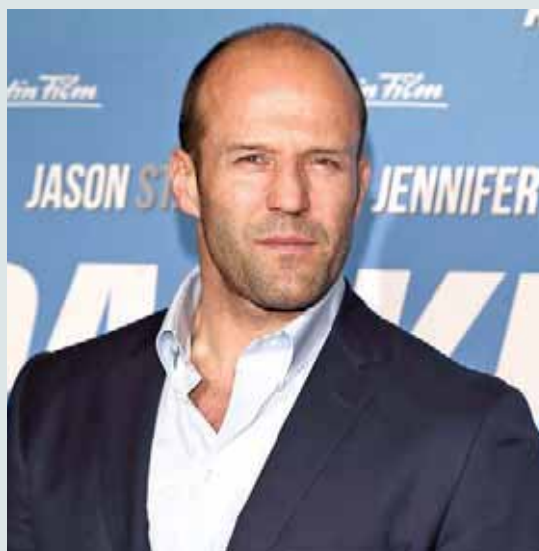
@ChloeGMoretz

flipping through channels then i see "Why Planes Crash" who would Ever watch that?!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Statham's model girlfriend should tread Kerr-fully

Jason Statham better be careful, as girlfriend Rosie Huntington-Whiteley has reportedly been getting some frank advice from fellow Victoria's Secret model Miranda Kerr about the state of their relationship, according to Radar Online.

"Rosie and Jason have had many ups and downs in their relationship, but the supermodel has begun to lay down the law that if Jason doesn't start getting

serious about getting married, she will leave him. But the ultimatum idea didn't come from Rosie herself but her close pal and mentor Miranda," a source says.

"After Rosie and Jason have spent four years together, Miranda would like to see her get married. She only wants the best for her friend, so she's urging her to give Jason some tough love."

And apparently Kerr is more than happy to take credit for what happens next: "Miranda has been bragging to other friends in recent weeks that she is steering Rosie in the right direction by advising her to leave Jason if he doesn't propose before the summer," the source adds.



Wayne Knight

Good Knight, sweet prince ... No, wait, he's alive!!

Former Seinfeld and Jurassic Park star Wayne Knight had to take to Twitter this weekend to reassure fans that reports of his death were greatly exaggerated. "Some of you will be glad to hear this, others strangely disappointed, but ...

I am alive and well," Knight wrote, responding to fake TMZ and Us Weekly posts claiming he'd died. "Does someone have to DIE to trend? Geez! Thanks for all the love, everybody. I didn't know you cared. Glad to be breathing!"

Three is the magic number for Affleck and Garner

Ben Affleck may have previously hinted that a fourth kid could be in the cards, but Jennifer Garner has effectively put a stop to such talk, according to Radar Online.

"Jennifer told her pal that the difference between having two kids and three is 'massive,' and said (two-year-old son) Sam would complete their family. In fact, Jen admits she and Ben had only planned on having two children, and Sam was a wonderful but genuinely true accident," a source says. "They love their kids, but she's really had her hands full with these three



Ben Affleck

since Sam was born in 2012 and while things are starting to settle down, it's been pretty exhausting, especially with Ben being so busy."

Toronto Cosmetic Clinic

Breast Augmentation

Come in for your **FREE** Consultation

www.TCClinic.com 416-221-5554

5400 Yonge Street



Fish oils on the brain



Fish oils range in the health benefits that they may offer. ISTOCK

Supplements. Take the confusion out of shopping for these oils that may improve brain, heart and many other areas of overall health

DAVID SINGH
life@metronews.ca

Taking fish oil supplements can be confusing business. Visit the pharmacy aisle of any grocery store and you'll see why.

There are so many questions that can arise from this product. What are the benefits? Are there risks involved

in taking it? Should you take salmon and fish oil, krill oil, or cod liver oil? After all, fish is fish, right?

What's the difference?

All fish oil supplements are not created equally, according to Sandra Edwards, a registered dietitian in Markham, Ont.

"There are different types of fish oil supplements, just like there are different types of fish available," Edwards said.

She says that cod liver and fish liver oil are sources of vitamin A and D, while other types like salmon oil and krill oil contain omega-3 fatty acids. It's important to make the distinction between the two, depending on your specific needs.

What is omega-3?

You may have heard the term omega-3 tossed around before, but what exactly is it?

"Omega-3's fatty acid play a role in the overall health of our heart and brain, but unlike diet or exercise you may not feel or notice a visible benefit," said Matthew Mayer, senior research specialist at the Heart and Stroke Foundation of Canada. "Regular consumption of omega-3s has been linked to reduced risk of some forms of cancer, improved heart rhythm function and reduced risk of heart diseases and stroke."

Food first

Great, now that that's cleared up, time to head to the phar-

macy aisle, right? Not so fast.

The Heart and Stroke Foundation has no position on fish oil supplements. It recommends that Canadians speak to their physicians first. And Edwards agrees. "I would encourage people to get fish in their diet because there are many more benefits to eating fish rather than just the fish oil supplements," she said.

Aim for at least two servings of fatty fish per week. If you can't or don't like to eat fish then it's time to consider other options. That's where your physician's advice comes into play.

Risks to fish oil

Fish oil is not without risks. It can thin the blood, and re-

For your phone

Happy Camping
(iPad, iPhone;
\$0.99)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For your next outdoor adventure, publisher Random House has assembled six useful tools: a compass, flashlight, level, strobe, and some fun sound effects to help embellish your spooky campfire stories.



Be on the lookout

When buying fish oil supplements, always look for a natural product number (NPN) on the package. This ensures the product has been evaluated by Health Canada for quality, safety and effectiveness.

search about supplements has yielded mixed results.

"More research is needed to understand if the same (omega-3) benefits can be derived from supplements," said Mayer. "It is still quite early, but some research has suggested not all omega-3 fatty acids are linked to improved health."

Bringing back your beach body



Getting back in shape should include certain supplements. ISTOCK

There's no denying that winter can wreak havoc on our diet and fitness routines. The Canadian Health Food Association (CHFA) has helpful suggestions to get your beach body back.

When considering weight-loss goals, the research consistently shows you should spend more energy — in the form of calories — than you consume. This can be achieved through diet and exercise, both of which will benefit and create better results especially when paired with certain supplements.

While a proper exercise regi-

men is essential to maintaining your lean body mass, adding a protein supplement to that regime helps maintain your muscle mass and therefore assists in the fat-loss process.

Protein is a vital macronutrient, essential for the transport of fuels to be burned for energy; it builds anti-bodies for your immune system, and helps muscles repair. Muscle repair and growth increases your resting metabolism, meaning that you burn more calories in every activity. Supplemental protein can also help because it has a

high-satiety factor, meaning that it will leave you feeling fuller for longer. If you're vegan, try rice, hemp, or pea protein as a substitute for whey protein.

Studies show that maintaining healthy gut flora is also key to achieving your optimal size. Weight problems can potentially indicate an unhealthy digestive tract. Adding a probiotic to your regimen will help you shed pounds by maintaining a healthy digestive tract that is able to eliminate harmful bacteria, toxins and other waste products, helping to im-

prove your digestive health.

Fibre is a nutrient that is lacking in many of our diets. The recommended daily intake is 25 to 30 mg per day, but some people are only getting a fraction of that. Fibre helps to keep you feeling fuller for longer. It's also an essential nutrient for digestive health. You can easily get the recommended amount of fibre by eating vegetables and whole grains. However, if you still have trouble getting the recommended intake, taking a daily supplement can be helpful. **NEWS CANADA**

Going coo-coo for coconuts



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

As featured in the March-April issue of Best Health magazine, coconut is exploding as a food trend for 2014, yet it has a long history.

Its scientific name is *cocos nucifera*. According to the U.S.-based Coconut Research Center, early Spanish explorers to tropical countries called it "coco," which means "monkey face" (because of its colour and fibrous outer shell, which resembles hair). *Nucifera* means "nut bearing."

Nearly one third of the world's population depends on the coconut to some degree for their food and economy. Indeed, in some cultures, the coconut palm is so highly valued that it's called The Tree of Life.

Is it truly healthy? Not surprisingly, coconuts are on the "do eat" list of foods for anyone on the Paleo diet. After all, that diet is based in large part on the foods of our pre-agricultural, hunter-gatherer ancestors. But besides its history, what else does a coconut have going for it?

For one thing, the meat is rich in vitamin C. And it contains a decent amount of potassium: One cup of shredded coconut has 285 milligrams. But what about the fat content? That same cup of coconut has 283 calories and 27 grams of fat,



From coconut oil to coconut milk, this fruit is getting lots of play on the food scene this year. ISTOCK

24 of which are saturated. That's a bad thing, right?

Not necessarily. According to 21-Day Tummy, a new book published by Reader's Digest that features a diet to beat belly fat and aid digestion, coconuts contain two nutrients of particular interest: medium-chain triglycerides and lauric acid. Most fats are long-chain fats, which take longer for your body to break down and digest. But most of the fats in coconuts are medium-chain triglycerides, which are more easily digested and so less likely to get stored as fat. As for lauric acid, it has antibacterial effects.

Coconut oil is rich in lauric acid; try cooking with it occasionally.

What about coconut milk? If you need a lactose-free substitute for milk, coconut milk is a great option. It provides an excellent mix of fat, vitamin E and other nutrients. It can help stabilize blood sugar and combat inflammation. At the grocery store, look for low-fat or light versions with no added sugar.

Curious about how coconut milk is made? It's a mixture of coconut juice (the watery liquid found in young coconuts) pressed with coconut meat.

For recipe ideas using

coconut, pick up the latest issue of Best Health.

BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.



Nutritional Sciences
UNIVERSITY OF TORONTO

Male Adults Needed for Nutrition Study!

REQUIREMENTS:
35-55 (overweight) years, non-smoking

INVOLVES:
Multiple sessions over several weeks

\$\$ COMPENSATION IS PROVIDED \$\$

For more information contact Naz at:
uoftdairystudy@gmail.com OR
416-978-6894

camh IMPACT

Individualized Medicine: Pharmacogenetic
Assessment & Clinical Treatment



GENETICS RESEARCH STUDY
IS FINDING THE RIGHT
PSYCHIATRIC MEDICATION A CHALLENGE?

We would like to understand how genetic variations among people alter their response to their psychiatric medications.

Eligibility criteria to participate in IMPACT study:

- Starting or switching psychiatric medication
- 7 years of age or older

This study will require 1 hour of your time to answer questionnaires and provide a saliva or blood sample for genetic testing.

For more information or to volunteer,
please visit www.im-pact.ca or call us at 416-535-8501 ext. 30240

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,
MALE OR FEMALE
18 YEARS OF AGE OR OLDER?

Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

Study 1676, Males and Females
18-45 years of age

Study starts on Thursday, Mar 20, 2014

- 2 sessions with 6 return visits per session
- Compensation is up to \$1,730 for completing the entire study.

CALL: 416-747-5246

Toll Free: 1-866-747-5246

Monday to Friday 8-6

Weekend 10-6



BioPharma
Services Inc.

4000 Weston Road, Toronto • www.biopharmaservices.ca

EARN UP TO \$7500!

Are you a Healthy Person between 18 and 55 years of age?

If so **we want to hear from you!**

Apotex is currently recruiting healthy **men** and **women** to participate in studies on Pharmaceutical products.



REGISTER ONLINE AT WWW.APOTEX.CA or Call: 416-741-4256

Toll Free: 1-877-APO-CLNC (1-877-276-2562)

Hours: 8:30am to 5pm Monday to Friday

- **YOU WILL BE PAID** upon completion of the study
- Compensation may range from **\$1000** to **\$7500** depending on the length of the study

APOTEX
ADVANCING GENERICS

Muscle your way past 'girly thoughts'



Just like building muscles, moving beyond girly thoughts takes work. ISTOCK

Book. Author claims some ways of thinking disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others

KIM SCHNEIDERMAN
Metro World News in New York City

It's been more than 40 years since Helen Reddy rallied a generation of feminists with her declaration "I am woman, hear me roar."

Yet despite the enormous strides women have made in the workforce and politics, it appears that many of us are still plagued by our little kitten voices that wish we were thinner, younger and prettier.

According to psychologist Dr. Patricia O'Gorman, these so-called "girly thoughts" disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others.

Such is the basis of O'Gorman's book, *Out Your Girly Thoughts and Embrace Your Strength*, which comes out in April.

What inspired you to write the book?

Having been seeing women in therapy for many years, I wanted to create a term to help women get their heads around what they do to themselves that robs them of power. "Girly thoughts" best

described all this energy that goes into how we look and how we act. It's how we respond to idealized messages about how to be a good girl; the notion of 'she's pretty, she's quiet and she doesn't make anybody uncomfortable.' It's something so subtle that we all do it everyday without thinking about it. My goal is to raise this to a level of visibility so we can see what we are doing to ourselves.

What are some examples of girly thoughts and how do they affect us?

'My husband had an affair because I'm too fat.' Or 'I'm too aggressive at work and that's why nobody likes me.' When I give talks, I inevitably have women come up to me telling how they were late for meetings because they had to do their hair. Men don't struggle with this kind of thinking, but it diminishes our power, confidence and skills.

Where do girly thoughts come from?

They come from a number of sources. From our mothers, who teach us to be safe. The media also plays a huge role, especially now with social media. We are so concerned with our image and compare ourselves to photos of women that have all been photo-shopped so we don't even see how they really look. The level of perfection and photo-shopping is oppressive to the average woman.

How much of girly thoughts are related to appearance?

A lot, but we also have thoughts about being smart and assertive. A woman will worry about appearing too smart. It's that kind of pulling back that stops us from embracing our power.

Is it strange to think this is still happening so many years after women's liberation?

It's still very insidious. Women continue to be vulnerable around power, unlike men, who are vulnerable about being vulnerable.

What does resilience have to do with girly thoughts?

We tend to take our resilience for granted. We don't walk around thinking we're strong, and acknowledge our ability to cultivate relationships, which makes us resilient. If you walk around thinking you have skills, you walk around with confidence rather than thinking that your hair doesn't look good.

So what you're saying is that we are overly focused on external concerns and need to pay more attention to our internal strengths?

Yes, but it's really about finding balance. It's OK to take care of our appearance so long as we aren't being held hostage by girly thoughts that keep us in the house, shrinking from ourselves, or remaining silent in a meeting. When that happens, we're losing out on what women can contribute on all levels of society.

Neurodevelopment of Children Exposed in-Utero to Chemotherapy for Maternal Breast Cancer (PI - Dr. I Nulman)

The Motherisk Program at **The Hospital for Sick Children (SickKids)** in Toronto is recruiting volunteers for a study on the physical health and neurodevelopmental outcomes of children exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy. The findings of this research will help optimize breast cancer treatment during pregnancy, while minimizing the risks for the fetus.

Who is eligible to participate?

- Children up to 16 years of age who were exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy.
- The child's parents or primary care providers

What is involved in the study?

- Children will undergo a non-invasive physical examination and neuropsychological testing (IQ testing).
 - Parents or care providers will answer questionnaires related to their child's health and behaviour.
- You will receive monetary compensation for your participation and a detailed report on your child's performance.*

To participate or for more information, please contact the study team by phone at 416-813-7329 or by email: breastcancer.pregnancy@sickkids.ca

Personal Support Workers deserve Sweet\$16!

A campaign by SEIU Healthcare to increase the minimum wage for homecare personal support workers from \$12.50/hour to \$16/hour.

Ontario's population is aging and PSW services keep people independent and active in their community. Still, PSW wages remain too low, while administration and executive compensation soak up public funding. We must act to keep PSWs in the workforce as the need for homecare rises.

Tell the Ontario government to invest in the frontline, not the bottom line.

Join us @J4PSWs
www.seiuhhealthcare.ca



Prevention and precision

LINDA CLARKE

Metro World News in New York City

When it comes to colorectal cancer — which comprises colon cancer and rectal cancer — not all tumors are created equal. The big news in colorectal cancer treatment is genetic sequencing: defining the biology of a tumor and tailoring targeted treatment, rather than going by the old “one pill fits all” application.

“Precision medicine is the buzzword,” says Dr. Rona Yaeger, a colorectal cancer researcher for the American Can-

cer Society. “Already there are drugs in clinical trials that will come on the market soon for new targeted treatments that act on particular tumor types.”

With precision medicine and improved surgery techniques, doctors are able to more accurately target tumors. The result is less treatment for colorectal cancer patients, who previously might have had to endure unnecessary radiation or chemotherapy.

“We’re now understanding that we’ve been over-treating and we don’t always need all that chemotherapy and radiation,” explains Yaeger. “Radi-

tion, in particular, is something we want to avoid if possible, especially in young people, because one of the possible side effects is infertility.”

Generally, colorectal cancer is thought of as an older person’s disease. Yaeger tells Metro that the average age of colorectal cancer patients is 70, but adds that the incidence of colon cancer is increasing in 25- to 50-year-olds.

“So far, the evidence is observational, but that’s what we’re seeing,” she says. “The problem is that in younger people, colorectal cancer is more likely to be advanced. Young people do

not seek treatment until they present with symptoms, such as bloody stool, or a change in bowel movement. With young people, it’s beyond a polyp.”

Polyps are pre-cancerous ruptures in the bowel wall that are found during colonoscopy exams and removed. Colonoscopies are an effective tool in preventing cancer.

Despite all the advances in treatment, prevention for anyone, particularly younger people, is still paramount. Two ways to slash your risk? You’ve heard them before: a healthy (high-fibre!) diet, and regular exercise.



A high-fibre diet and exercise help slash the risk of colorectal cancer. iStock



Richard Crouse battled his colon cancer with a positive attitude. CONTRIBUTED

... and that's the bottom line

Colon Cancer Awareness Month.
Metro's movie critic shares his own story — and a vital message



RICHARD CROUSE
life@metronews.ca

There are a few phrases you never want to hear.

“Michael Bay is directing a remake of Casablanca” and, “It’s not you, it’s me” appear on the scroll of things that hurt my ears.

Top of the list, however, is, “We’ve found a tumor.”

In mid-2013, I had a colonoscopy, a procedure so routine I thought I’d be in and out and on my way to my favourite sandwich shop by lunch. I’m a nonsmoker, moderate drinker and I watch my diet. I even eat kale — lots of it. I had no symptoms, felt fine and only went because my doctor told me I had to due to my age.

Those four simple words went on to inform the next months of my life.

The doctor, squeezing my arm, saying, “I’m sorry,” before walking away, didn’t do much to alleviate the fear that quickly overtook me.

Besides becoming a human pincushion, pumped with toxic chemicals, the mental effect of being told you have cancer lingers.

I began the journey with the usual shock, but quickly

skipped ahead, past denial, to anger. I was mad that a bullet shaped tumor in my colon — a dark spot that had grown quietly and insidiously inside me for the past few years — could possibly sideline all I had worked for.

The anger stage was quickly replaced by acceptance after long talks with the ever-rosy Andrea, my long-time girlfriend, and the cadre of doctors brought in to assess me.

It was then I decided to live my life with as little disruption as possible. It was my way of saying, “Screw you, cancer. You’re not making the rules, I am.” Optimistic maybe, but I firmly believe that a good attitude is one of the keys to leading a healthy life even in the face of serious medical issues.

I’m through the treatment now and the prognosis is good. It was a long journey — a trip down a dark and twisty road. I won’t miss feeling like I’m living in someone else’s body, waking up exhausted everyday or fearing the sinister tumor that was growing in me.

Today I’m confident that the surgery — I toyed with using the nickname Semi Colon Crouse in tribute to what was left of my insides, but better sense prevailed — more tests and scans than I can count and the gallons of chemo pumped into my system was all worth it.

This is my story, but it’s not my message.

I waited until after my treatment for my cancer coming out party because I didn’t want apathy. I didn’t want to be viewed differently. I just want you to

Just the facts

- The National Cancer Institute of Canada (NCIC) acknowledges colorectal cancer (CRC) as the third most common cancer and the second most common cause of death from cancer for both Canadian men and women.
- On average, 423 Canadians are diagnosed with CRC every week.
- One in 14 men is expected to develop CRC during his lifetime and one in 27 will die of it. One in 15 women is expected to develop CRC during her lifetime and one in 31 will die of it.
- 175 Canadians, on average, die of this disease every week.
- Anyone 50 and up should be screened regardless of family history.

know that if this could happen to me, it could happen to you. March, being Colon Cancer Awareness Month, seemed like the time to share my story.

What I want now is for you to get tested.

Colonoscopy is a big word, but it could have a huge effect on your well-being. Having one at age 50 saved my life and it could save yours. Make an appointment today. Your colon and I will thank you.

Keeping a clothes eye on his customers

This guy's got it MADE.

Tomas Romita and his crew of suit-savant staff are delivering a different manner of menswear experience



TAKARA SMALL
Metro News in Toronto
@takarasmall

"You get more than just clothes here, you get an experience," says Tomas Romita, the founder of MADE Clothing Co.

Romita's Toronto studio sells custom-made suits and accessories for the city's young professionals, but they do it all with a technological twist. Instead of having customers try on suit after suit, Romita and his team create a one-of-a-kind outfit for customers using a custom-designed program on the company's iPads.

With sample suits and swatches on hand as guidance, the digital tailoring experience gives customers the ability to see and create their perfect



Raptors player Amir Johnson is suited up for off-the-court success, courtesy of MADE Clothing Co. CONTRIBUTED

garment one click at a time.

"Customers leave feeling better and more confident. It's more than just going from rack-to-rack," he adds.

Romita's studio takes another different approach to selling suits, whereby emphasis is placed on the manufacturing process rather than just on the end result.

It all starts with choosing

the suit itself.

After a customer has booked an appointment with MADE, he arrives at the store and is whisked upstairs via private elevator. Once inside, the one-on-one consultation process for a suit begins.

"There are other businesses in Toronto that sell high-end menswear, but we're different," he adds. "We start from

the premise that a suit or a custom garment isn't your garment until it fits, therefore we are always measuring not just your body shape but your style and giving advice on how to enhance that."

Surprisingly, the shop is located away from the busy downtown core, which works two-fold for the company: it provides peace for clients who

E-laborate

- Go to metronews.ca/mom-and-pop-shops to see some of the unique suits Thomas Romita and his staff create at their location.

the toughest aspects of starting a business in a competitive market like Toronto — getting noticed.

Recently, MADE designed the attention-grabbing, one-of-a-kind vest worn by Toronto Raptors player Amir Johnson that was at one point trending on Twitter.

"It's definitely been a highlight so far," says Romita.

His current success is in stark contrast to his early beginnings, when he taught himself how to tailor and sew during his evenings and free weekends and once shared a co-working space with other small businesses.

For those new to the world of buying custom suits, he advises men to do their homework, regardless of whether or not they seek him out to update their closets.

"At the end of the day, a suit is an investment — an investment in yourself and your own personal brand, to be precise. Therefore, guys should do their research, and recognize that sometimes the cheap or easy way can be expensive in the long run."

Usage-based insurance in Canada? What the Beep!



Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.

Find out what you could be paying and put more money in your pocket. Compare the car insurance market - all in one place.

Get a free quote today!

I InsuranceHotline.com
We search. You save.

Sometimes in the work game, it's the quitter who takes it all

A beautiful goodbye. Authors of *Mastering the Art of Quitting* argue that there are times when bowing out gracefully is for the best

MAX PRINZ
Metro World News

Over and over, people are told, "Quitters never win." But, in *Mastering the Art of Quitting*, readers are shown that learning how to let go can actually make them happier.

The book, written by Peg Streep and Alan Bernstein, argues that quitting can be beneficial and that learning how to do so can create a better state of mind.

It looks at why people continue to persist; how to fully disengage from goals that are unproductive; how to handle the emotions involved in quitting; and create new and better objectives moving forward.

Mastering the Art of Quitting emphasizes that there is a "myth of persistence" in today's society that causes a fear of quitting for many people.

"Sometimes you merely get stuck running in place," Bernstein says.

"What we argue in the book is there's really an art to de-escalating your connection to where you've been and disengaging."

Of course, the decision to leave something can be a very difficult one to make. Bernstein describes making that decision in a two-step

process. "You have to actively make an intellectual decision to disengage," Bernstein says.

"Then you have to make an emotional one. You have to realize it's going to feel lousy. You're going to start blaming and feeling angry, but then, hopefully, you're going to make a decision to reactivate yourself."

Choosing to reactivate involves an evaluation of goals. Finding the best way to meet those goals is an important step in the art of quitting.

"That leads to a change in motivation where you decide where you're going to go," Bernstein says.

"If you're really dedicated and want to get out of this, you write it down. You pre-prepare yourself by deciding what the potential downsides in your new direction might be."

Bernstein also lays out several different factors that hold people back from cutting the cord. These factors act as support systems that keep the myth of persistence going.

"One is the sunk cost fallacy," Bernstein says. "That goes into any situation where the story goes 'I put so much into it I should stay with it,' and frequently, that's not really the best solution."

Another factor holding people back is the idea of unconscious bias.

"This is very common in relationships or jobs where you get just enough praise to feel that 'Next time I'll do it better,'" says Bernstein.

"There's a hopefulness that comes from that unconscious bias but it's unpredictable and ends up making people very anxious."

Mastering the art of quit-

ting and overcoming these support systems makes it easier to acknowledge a bad situation and move on.

"Psychologically, it frees

you from the idea that you must persist," Bernstein says. "It places persistence as an equal opposite force to disengagement and choos-

ing another goal. Secondly you train yourself how to go about the business of making new goals and writing them down."

What makes me smile?

Becoming happier, Bernstein argues, involves advancing toward goals you care about.

- "Are you moving closer to your intrinsic needs?" Bernstein says. "Are you, in effect, trading off for the areas that make you unhappy? (Mastering involves) advancing your intrinsic goals and minimizing the parts of your life that are working against you."

#1 in University-College Pathways

It's a great time to be at Seneca.



95% EMPLOYER SATISFACTION

25000
Full-time Students



HYBRID & FLEXIBLE LEARNING



290
PROGRAMS

INDUSTRY-DRIVEN COURSES AND LABS

OVER **380**
BURSARIES AND SCHOLARSHIPS

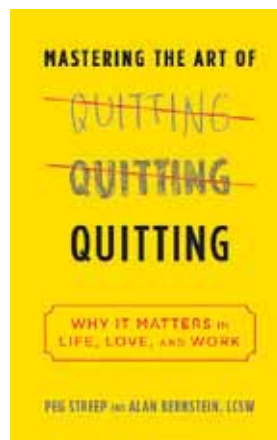
- POST-GRADS
- DEGREES
- DIPLOMAS
- PREP STUDIES
- UNIVERSITY PATHWAYS

8000
GRADUATES EVERY YEAR

500+ Career Options

Seneca
UNIQUELY QUALIFIED.

senecacollege.ca



Let go of the flow

"Sometimes you merely get stuck running in place. What we argue in the book is there's really an art to de-escalating your connection to where you've been and disengaging."

Alan Bernstein
Co-author of *Mastering the Art of Quitting*



The BilingualLink Career Fair
All jobs, all sectors, all bilingual candidates

Wednesday, March 19, 2014, from 12pm to 6pm
At Novotel Hotel Mississauga, 3670 Hurontario street, Mississauga

With companies: Air Canada, AMEX, Coca-Cola, Canadian Forces, Manpower, VWR, Cognitive Marketing, Startech ... and more

Over 700 positions for the whole GTA and beyond: Sales, IT, CSR, Adm, Fin, Logistics, Army, Gov, Insurance, Self employment... and more

For more info or directions,
call 1-866-784-3020 or visit www.bilinguallink.com

Linking high caliber employers and candidates since 2000

**Did you have to leave
High School before
graduating?**



If you left school for financial or social reasons you may now enter the University of Toronto through the Transitional Year Programme. This is a one-year, full-time preparation programme for people 19 or over. Students enrol at the University of Toronto and are usually eligible for financial assistance.

Transitional Year Programme
For information:
416-978-6832

www.utoronto.ca/typp



Transitional Year Programme
UNIVERSITY OF TORONTO



CLASSES FORMING NOW FOR:
Construction & Maintenance Electrician
&
Network Cabling Technician

Call Now to Register

1-800-728-0137

or visit

www.patoinstitute.ca



Pre-Apprenticeship
Training Institute

www.patoinstitute.ca

Clicks, consoles and a little bit of conversation

Pondering between play. Game makers to explore misogyny, racism and homophobia at annual gathering

The video game industry is taking itself more seriously.

Besides the usual talk of polygons, virtual worlds and artificial intelligence at this week's Game Developers Conference in San Francisco, there will also be planned discussions led by game makers about such socially conscious topics as designing for gamers with disabilities, battling depression at game studios and tackling hate speech in online game communities.

The organizers of GDC, which kicked off Monday at the Moscone Center and continues through Friday, have expanded the conference's advocacy-themed sessions with panels featuring such titles as Beyond Graphics: Reaching the Visually Impaired Gamer, How to Subversively Queer Your Work and Women Don't Want to Work in Games (and Other Myths).

"It's something that in some way or another has always been part of the conference, but it's something that we've found interest in genuinely continue to grow as the industry has become more diverse and inclusive," said Simon Carless, executive vice-president of UBM Tech Game Network, which organizes GDC and several other technology conventions.



Attendees play the Nintendo game Mario Tennis Open on a Nintendo 3DS console before its release at the 2012 Game Developers Conference in San Francisco. This year's conference will go beyond technology to address issues that affect gaming industry workers. THE ASSOCIATED PRESS FILE

Gab and games

"It's something that in some way or another has always been part of the conference, but it's something that we've found interest in genuinely continue to grow as the industry has become more diverse and inclusive."

Simon Carless on incorporating lectures that tackle real-life issues into the Game Developers Conference itinerary

This year's conference is expected to attract about 23,000 game developers and executives from across the globe. Carless and other GDC organizers, which includes an advocacy advisory committee made up of game designers, hope that examinations of racism,

misogyny and homophobia in games aid the industry's continued fight for wider cultural legitimacy.

Rosalind Wiseman, author of the book Queen Bees and Wannabes, which inspired the Lindsay Lohan film Mean Girls, will be part of a Tuesday discussion about gaming and social hierarchies among boys.

The panel will examine how the games that young

men choose to play affect their popularity, as well as their social competence in moments of conflict.

Other speakers will include Adam Orth, who left Microsoft Corp. last year after fiery Twitter exchanges about "always-on" technology; Manveer Heir, a game maker who works on the Mass Effect sci-fi series, which features gay and lesbian characters; and Toshifumi Nakabayashi, who organizes an annual game workshop to support Fukushima disaster victims.

Despite the refreshed focus on real-world issues at the convention, how to view and interact with ever-changing virtual worlds will ultimately take centre stage at GDC.

PlayStation 4 creator Sony Corp. is expected to tease its rendition of virtual reality technology during a Tuesday presentation called Driving the Future of Innovation at Sony Computer Entertainment.

Meanwhile, a handful of developers will be showing off software using the VR goggles Oculus Rift, which captured attendees' attention at last year's conference. The exhibit ALT.CTRL.GDC will highlight 14 games that utilize such alternative control schemes, like a piano-powered version of the sidescroller Canabalt and a holographic display called Voxiebox.

THE ASSOCIATED PRESS

Essential Skills Upgrading

Upgrade your skills. Your future starts now.

www.upgrademyskills.ca | **FREE adult classes**

Improve your

**READING
WRITING
MATH**



West - (416) 394-3809

South/Central - (416) 393-1995

East - (416) 396-6904

30 locations in the GTA

Operated by



Funded by

**EMPLOYMENT
ONTARIO**



From bitty beauty biz to viral victory

Online shine. Canadian designers hope to net clicks, boost business by offering up their wares to the web world

Sid Neigum's creations are carried in shopping hot spots at home and abroad, and he's now hoping that online sales will translate into a boost for both brand awareness and the bottom line.

The Alberta-born, Toronto-based designer is one of several homegrown talents being showcased this month on Gilt, a U.S.-based online shopping website that ships to more than 180 countries.

"It just opens you up to the entire world versus just one town or one city," said Neigum, a native of Drayton Valley, Alta., whose designs are sold in Toronto, Montreal, New York, Los Angeles, Seoul and Hong Kong.

"It opens you up to an entire new market of consumers that I hadn't had before, and

it's just a great promotional platform, too."

Like Neigum, Chloe and Parris Gordon aren't relying solely on their runway presentation at Toronto's World MasterCard Fashion Week to reach potential customers.

The sibling design duo behind womenswear and accessory brand Beauville have an online shop on their label's site, but see the partnership with Gilt as an opportunity for more widespread exposure.

"We're sitting next to designers that we'd love to sit next to in a boutique setting," said Parris of the site, which features such notable names as Diane von Furstenberg, Narciso Rodriguez and Kate Spade. "So for us as designers being new and Canadian, it's a huge platform, and I think we're really excited to be a part of it."

A Statistics Canada report released last October found the value of online orders placed by Canadians reached \$18.9 billion in 2012, a 24 per cent increase from 2010. Among online shoppers, 42 per cent purchased clothing, jewelry or accessories. U.S.-based Forrester



In this file photo, a model walks the runway in the Sid Neigum show during Toronto Fashion Week. THE CANADIAN PRESS FILE

Research expects online retail sales in Canada to reach \$34 billion in 2018, representing 10 per cent of all total retail transactions in the country.

As bricks-and-mortar stores carve out a digital presence with e-commerce sites, a growing slate of Canadian online retailers are also vying for

consumer dollars with curated collections of designer goods and added incentives aimed at appealing to homegrown shoppers.

Designer footwear site The September touts its duty-free offerings as well as free shipping and returns to Canadian customers, while eLUXE offers

A whole new world

"It opens you up to an entire new market of consumers that I hadn't had before, and it's just a great promotional platform too."

Designer Sid Neigum on working with online shopping site Gilt

complimentary styling services and features homegrown labels like Smythe in addition to international brands. Luxury retailer SSENSE used an inventive approach to bring awareness and sales to the site a few years ago by styling the looks in a music video that consumers could click on and buy as they watched the clip.

"E-commerce in general continues to grow, but what we bring — and what some sites similar to us bring — is excitement every day, it's inspiration," said Marshall Porter, senior vice-president and general manager of international and business development for Gilt.

Style on file

For more coverage of Toronto's World MasterCard Fashion Week, visit metronews.ca.

"It's not just about finding a pair of black pants; it's going to Gilt and seeing what inspired our curators and merchandising teams and hoping that it inspires our members as well."

For designers looking to further bolster their brands through online sales, establishing an e-commerce platform is just the beginning, with several other key elements needed to drive the momentum.

"You need to find the right programmer, you need to work on the design... and also you need to do the constant work of promoting and inviting the people to go to your page. So it's a big challenge," said France-born designer Cecile Raizonville of Matière Noire, whose Montreal-based label launched its online boutique last September.

THE CANADIAN PRESS

Up to \$50,000 in Bursaries Now Available!

Financial Assistance May be Available to Those Who Qualify! Second Career Training Funding

The government provides qualified candidates with education funding to train them for a better career, the grant can be up to **\$28,000** and covers tuition, book fees, transportation and some living allowance. Call us now to see if you are qualified.

Health Care • Personal Support Worker* • Community Service & Support Worker* • Medical Office Assistant + HUC (Health Unit Coordinator)* • EHR, Billing & Coding *with Internship	Law & Legal • Immigration Consultant* • Accredited by ICCRC • Paralegal Accredited by LSUC* • Law Clerk* • Legal Office Assistant • Police Foundations *with Internship
IT & Home Inspection • Network Administrator • PC Support Specialist • Computer Service Technician • Web Designer • Home Inspection Diploma • Home Inspection Certificate	Accounting & Business • Accounting and Payroll • Business Administration • Project Administrator • Conference and Event Planner • Administrative Assistant

We Speak Your Language — Career Consultation Provided In:
English, Français, हिंदी, मराठी, پنجابی, Español, Portugues, 国语和粤语, română, русский & فارسی

Academy OF LEARNING COLLEGE
Bay/Bloor Campus

FREE LINC English Classes

416 840 3376
416-969-8845

WWW.AOLTORONTO.COM

DOWNTOWN TORONTO (Bay/Bloor) 1255 Bay Street, Suite 600, Toronto, Ontario M5R 2A9

Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1061915 Ontario Inc.

Seneca

Occupation-specific Language Training (OSLT)



Learn workplace language and cultural skills in these free courses.

SENECA OFFERS OSLT IN:

- Accounting - Financial Services
- Business Entrepreneur - Sales & Marketing
- Human Services: Early Childhood Education/Child & Youth Worker
- Technology
- Health Sciences

UPCOMING COURSES:

Courses will run April 5 - July 26 twice a week, Saturdays 9am-4pm and Monday evenings 6-10pm.

Newnham Campus (Hwy. 404 and Finch Ave.)

- OSLT Health Sciences
- OSLT Accounting and Financial Services

Markham Campus (Hwy. 404 and Hwy. 7)

- OSLT Business Entrepreneurship, Sales & Marketing
- OSLT Technology

FOR ELIGIBILITY REQUIREMENTS OR MORE INFORMATION:

- visit: www.senecacollege.ca/ce/oslt/
- email: oslt@senecacollege.ca
- call: 416-491-5050, ex. 22158



Funded by:

Financé par:



Citizenship and Immigration Canada

Citoyenneté et Immigration Canada



Where down south meets south of the border: Mac and Cheese Fajitas

Health Solutions

Have your steak and eat it, too



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Red meat gets a bad rap, but in small, reasonable amounts, it can serve up high amounts of immune-boosting zinc and muscle-building protein.

Any animal protein contains cholesterol and fat, so you want to keep it in check by choosing leaner cuts and making meat an ingredient rather than the whole dish.

Lean cuts include flank steak and tenderloin.

Here are some ideas to stretch your beef (and your budget!).

- Use steak in stir fries and bump up the veggie content.

- Use double the beans and half the meat in your chili

recipe.

- Add ground oats and cooked spinach to burgers and meat loaves.

- Choose grass-fed beef or bison. They are leaner.

- Use sliced roast beef as one layer in a sandwich instead of a steak sandwich.

Humans are omnivores, which means we can choose our food from a variety of sources for a variety of reasons. Keeping your choices in balance beats beating yourself up over something you love.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



TOTAL TIME
30 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

FLASH FOOD



From your fridge to your table in 30 minutes or less

Combine two family faves in a casserole and there will be no complaints at the dinner table. Flank steak is a flavourful cut and takes minutes to cook.

1. Place steak on counter to bring to room temperature.

2. Bring pot of water to a boil, add a pinch of salt for pasta.

3. Meanwhile, mix herbs, sea salt and hot pepper flakes together in a plate along with half the oil. Coat steak in herbs while you heat a cast iron skillet to high heat. Sear steak for 4-5 minutes on both sides.

4. Add pasta to boiling water and boil to cook through, drain.

5. Remove steak and set aside.

6. Add onions to steak pan, cook for 3-5 minutes, add tomatoes and a little pasta water to deglaze the pan.

7. Add cream cheese to pasta pot to melt and stir in pasta.

8. Butter casserole dish and add pasta to it. Top with onions and tomatoes, salsa, cheese. Slice meat thinly across grain and set atop dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST.**

Ingredients

- 1 lb flank steak
- 1 tsp each thyme and oregano
- 1 pinch each sea salt and hot pepper flakes
- 1 tbsp grapeseed oil
- 1 1/2 cups elbow whole wheat pasta
- 2 onions
- 3 plum tomatoes
- 1/2 cup cream cheese
- 1/4 cup salsa
- 1/4 cup grated cheese

DISCOVER A FAVOURITE WITH YOU PICK TWO.®

There's more to love at Panera Bread than just our freshly baked bread. Choose any two of Panera's handcrafted salads, sandwiches or soups to create your own delicious meal. You could discover a new favourite...or two. Learn more at panerabread.com.

LOCATIONS:

SQUARE ONE | RICHMOND HILL | EATON CENTRE

MARKHAM | DON MILLS | BARRIE | OAKVILLE | SHERWAY GARDENS

HEARTLAND TOWN CENTRE | VAUGHAN | DORVAL

Copyright ©2014 Panera Bread. All rights reserved.

Curling

Homan dominates U.S. and Denmark at worlds

Canada's Rachel Homan downed Allison Pottinger of the United States 9-3 at the Ford Women's World Curling Championship on Monday in a game that lasted just six ends.

It was Canada's second quick win of the day after downing Denmark's Madeleine Dupont 8-4 in eight ends.

Homan and her Ottawa Curling Club team improved to 4-1.

Canada takes on Latvia and Scotland on Tuesday.

THE CANADIAN PRESS

Suspected DWI

Colts owner released from jail

Indianapolis Colts owner Jim Irsay was released from jail Monday after being held overnight following a traffic stop in which police said he failed sobriety tests and had multiple prescription drugs inside his vehicle.

THE ASSOCIATED PRESS

NHL

Roy returns to Montreal as coach

Patrick Roy was all smiles and positive vibrations on Monday on his first visit to Montreal as an NHL head coach.

The Colorado Avalanche coach and former Montreal goaltending great expects a warm reception from the fans when his team plays the Habs on Tuesday night at the Bell Centre. THE CANADIAN PRESS

Lowry takes a lickin' and keeps on tickin'

NBA. Knees to the head fail to slow Raptors point guard, flu on the other hand keeps him from practice Monday

Dishing dimes

7.8

Kyle Lowry is averaging 7.8 assists per game. That ranks seventh in the NBA prior to Monday's games. Lowry is also averaging 17.2 points per game.

A couple of solid knees to the head won't stop Kyle Lowry.

Neither will a bout of the flu.

The Raptors point guard, and arguably the team's most valuable player, spent a wild 24 hours from Sunday to Monday but vows to be in uniform when Toronto faces the Hawks in Atlanta Tuesday night.

Lowry, inadvertently kned in the head twice by P.J. Tucker of the Phoenix Suns late in a game Sunday afternoon, was examined by team doctor Robert Petroff on Monday to determine if he'd suffered a concussion.

The same tests that were performed on the bench Sunday afternoon were negative again and Lowry was cleared

to practise.

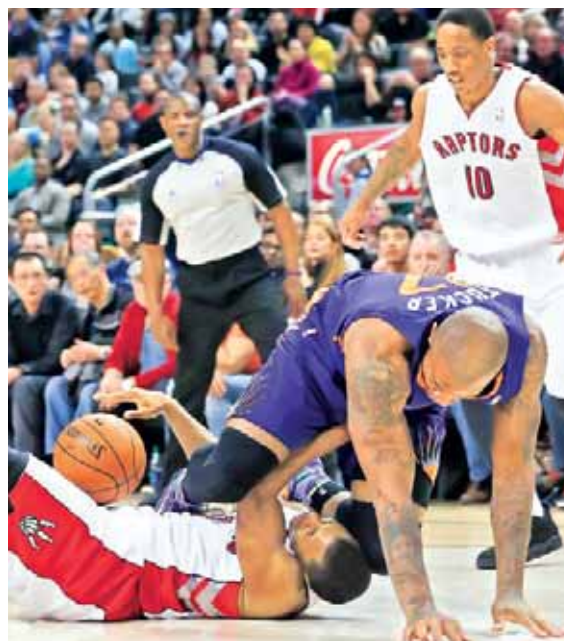
There were some concerns that Lowry had somehow suffered a concussion from the Tucker hit, but he showed no symptoms — disorientation, nausea, lack of co-ordination — on the floor, on the bench, after the game or Monday morning.

The flu is a different matter. Lowry said he was feeling sick even before Sunday's game and the same symptoms kept him out of practice Monday.

"Yeah, I feel like crap, but whatever," he told reporters at the Air Canada Centre.

Lowry had 28 points and 13 assists in 40 minutes of Sunday's loss to Phoenix.

TORSTAR NEWS SERVICE



The Suns' P.J. Tucker falls over Raptors point guard Kyle Lowry on Sunday at the Air Canada Centre. Lowry took a couple of knees to the head in the exchange. RICK MADONIK/TORSTAR NEWS SERVICE

MLS. Defoe named player of the week



Toronto FC's Jermain Defoe scores a goal past Seattle Sounders goalkeeper Stephan Frei on Saturday in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

Striker Jermain Defoe's electric debut with Toronto FC has earned him the first Major League Soccer player of the week award of this season.

Defoe scored both goals Saturday in a 2-1 road victory against Seattle Sounders FC, helping Toronto start their season with a win for the first time in club history.

Defoe opened the scoring in the 17th minute when he

collected a through ball from midfielder Jonathan Osorio and slid the ball past former Toronto goaltender Stefan Frei. It was Defoe's first attempt on goal in his MLS career.

He struck again seven minutes later when he intercepted a Seattle back pass and blasted a shot past Frei.

Toronto hosts D.C. United in its home opener this Saturday. THE CANADIAN PRESS

4 SPORTS

I WILL CROSS MY FIRST FINISH LINE

#TYS10K

TORONTO YONGE STREET 10k

April 13, 2014
toronto10k.ca

PRESENTING SPONSOR:
SUBWAY

Running Room
OFFICIAL TRAINING CLINICS

CANADIAN RUNNING SERIES
SÉRIE D'ÉCARTILLOU DU CANADA

Saginaw honours Trafford in finale

OHL. Girlfriend says hockey woes weighed heavy on dead player

A spotlight highlights the lone hockey player pictured on a billboard looming over Highway 675 in Saginaw, Michigan.

His back is to the camera, the number 16 visible on his jersey. "Terry Trafford, 1994-2014" reads the billboard put up by the Saginaw Spirit, reminding onlookers of the town's recent loss.

Trafford, a 20-year-old centre with the OHL's Saginaw Spirit, was found dead last week. He had been missing for nine days. Police said Trafford died of self-inflicted asphyxiation. His funeral will be held in Toronto, his hometown, on Tuesday.

Trafford's Spirit teammates went to a visitation at the funeral home Sunday before



Terry Trafford COURTESY OHL IMAGES

taking to the ice in their last game of the season on Monday night.

Many in the stands and working the gates at Monday's game against the Sault Ste. Marie Greyhounds sported round white stickers bearing

Trafford's name and number over their hearts.

The young man's death came as a surprise to those who knew him best.

Skye Cieszlak, Trafford's girlfriend of four years, said he was a happy, selfless person who was always pulling pranks to get a rise out of people.

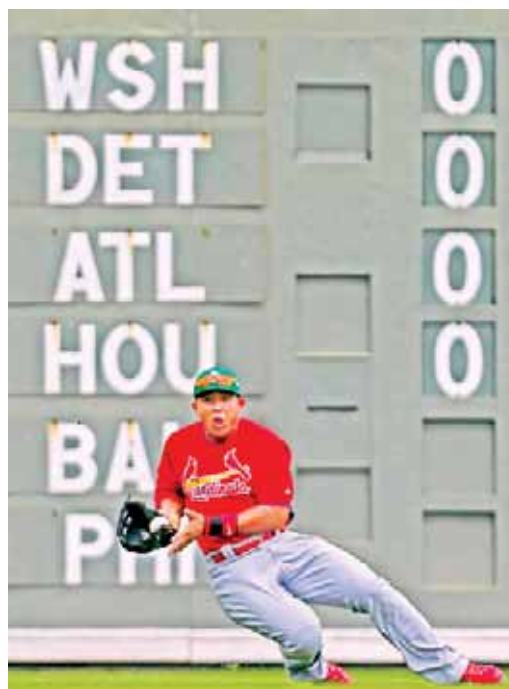
"He always wanted to make people laugh and smile," she said.

Trafford had a great relationship with his parents in Toronto, and had lots of friends, Cieszlak said. The only thing that wasn't going great in his life was hockey.

Last September, Trafford moved in with Saginaw Spirit president Craig Goslin and his family.

"We recognized that he was making some decisions that weren't great decisions and we moved him into an environment where we could mentor him," Goslin said.

TORSTAR NEWS SERVICE



Sizemore matters for Sox

St. Louis Cardinals centre fielder Jon Jay catches a fly ball from the Boston Red Sox's Grady Sizemore during a spring training game on Monday in Fort Myers, Fla. Sizemore still had three hits, scored three runs and showed a good glove in the outfield, helping the Red Sox beat the Cardinals 10-5. GERALD HERBERT/THE ASSOCIATED PRESS

NBA

Sixers streak to new franchise low

Lance Stephenson scored 25 points and the Indiana Pacers rallied from an early deficit to beat Philadelphia 99-90 on Monday night, handing the 76ers their franchise-record 21st straight loss.

Paul George had 24 points for the Pacers, who staked the Sixers to a 15-6 lead before taking the lead and pulling away. George Hill scored 11 points, Ian Mahinmi had 10 and David West grabbed 12 rebounds.

THE ASSOCIATED PRESS

Salvador Cabanas

Brazilian club signs player who was shot in head

Fourth-division Brazilian club Tanabi says it has signed former Paraguay striker Salvador Cabanas, the player shot in the head at a Mexico bar in 2010.

THE ASSOCIATED PRESS

Canada's electoral map is changing and Elections Canada is seeking

Returning Officers

Your opportunity to serve democracy in

- Toronto Centre
- Peterborough

Qualifications

To work as a returning officer, you must be a Canadian citizen, at least 18 years old, and live in the federal riding where you're applying to work.

Your job is to manage the election in your riding. The work is varied, challenging and rewarding. If you have project management experience, with strong skills in finance and human resources, this may be the job for you.

Pay Rates and Work Conditions

Pay rates are set by regulation. The current fee for an election period is about \$24,250. You can expect to work close to 500 hours in the year leading up to an election, at a rate of \$48.04 per hour. (These rates are under review.)

Returning officers are appointed for a 10-year term. During this time, you must remain non-partisan.

How to Apply

Go to www.elections.ca and click on "Employment" to complete an application form or to find out more about the job and the new riding boundaries. You can also call Elections Canada at 1-800-463-6868 for more details.

Applications must be received by midnight on April 4, 2014.

Cette offre d'emploi est également disponible en français à www.elections.ca.

Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.



More to Melvin than Madness



Melvin Ejim's family moved from Nigeria to Toronto just before he was born and he didn't get noticed by the countless street scouts who hover around the game until his mid-teens. JASON MILLER/GETTY IMAGES

NCAA. Big 12 player of the year from Toronto has aspirations beyond basketball

It is refreshing in this age of one-and-done NCAA basketball stars — the high-profile teenagers who use a year in college as a pit stop on their way to untold NBA riches — to find the student-athletes who use as much collegiate time as they can.

They may end up in Europe or the D League or Asia — and on occasion they improve their games enough to find NBA employment — but they find a balance that sets them up for life as something other than a professional baller.

Toronto's Melvin Ejim, who has accrued any number of accolades at Iowa State University, is a case in point.

He has been a mainstay of the program for four years and no matter what happens in the March Madness tournament

Not all about the NBA

"Law school, that's where I have my sights right now."

Toronto's Melvin Ejim on his main goal in college, one that he should meet given his 3.7 GPA

that begins this week, his overall impact has been significant.

"It's one of the best things that ever happened to this program is to have Melvin Ejim in a Cyclone uniform for four years," Iowa State coach and former NBAer Fred Hoiberg said of Ejim earlier this month.

Ejim is indeed a throwback, a true senior who has stayed and thrived and become the face of a college program.

The Cyclones have been to March Madness in three of Ejim's four years there and he has been their standout player all season.

There was a memorable 48-point night — the highest single-game scoring outburst in Big 12 history against TCU

last month — and Ejim finished his career 12th all-time in Iowa State history with 1,547 points and third with 1,007 rebounds.

At 6-6, he's a fine outside shooter (35 per cent from three) and a disruptive, if undersized, force in the paint.

But whether or not Ejim has the skills to play in the NBA is very much in doubt.

Ejim, according to those who know him, is a grounded 23-year-old fully aware that professional basketball may not be in his future. There are hundreds and hundreds of college players who dream only about becoming professional. Ejim is not one of them.

"I'm in school — my primary goal is to get my education," Ejim told the Des Moines Register. "When I'm not doing that, I'm playing basketball."

Added Hoiberg: "Melvin's a heck of a lot smarter than I am. He gets better grades than I ever got. He's what participating in college athletics is supposed to be about."

TORSTAR NEWS SERVICE

Tisdale award

Parker named top freshman

Duke forward Jabari Parker won the Wayman Tisdale Award on Monday, presented by the U.S. Basketball Writers Association to the top American freshman.

The six-foot-eight Parker is second in the Atlantic Coast Conference in scoring (19.3) and leads the league in rebounding (8.8). He has scored in double figures in 17 straight games and in 32 of 34 games this season, breaking the Duke freshman record held by Gene Banks and Luol Deng.

Joining Parker on the freshman all-American team are: Joel Embiid and Vaughan's Andrew Wiggins of Kansas; Brampton's Tyler Ennis of Syracuse and Julius Randle of Kentucky.

THE ASSOCIATED PRESS

Billion-dollar bracket

Buffett's bet building hype

So, about that billion dollars.

Warren Buffett looks at his offer to pay \$1 billion to anyone who fills out a perfect NCAA tournament bracket as nothing more than a matter of having the numbers in his favour.

Mathematicians say he's right but that's not stopping them from building a cottage industry to teach bracket-fillers how to make the impossible seem possible.

Around a half-dozen college professors are offering classes to teach the ins and outs of the numbers that will, inevitably, work against them.

There are a few more than 9.2 quintillion combinations for a 64-team bracket. A quintillion is 1 million times 1 trillion: a 1 with 18 zeros behind it.

THE ASSOCIATED PRESS

Guide to March Madness

Top Teams

Florida. No. 1 overall gets props, especially one that plays defence like the Gators.

Wichita State. Final Four last season, unbeaten so far this one. All you need to know.

Arizona. A loss to UCLA in the Pac-12 title game wasn't enough to keep the Wildcats from a No. 1 seed.

Virginia. No. 1 in the East Region after sweeping the ACC season and tournament titles.



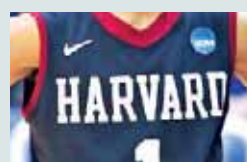
Top players

Doug McDermott, Creighton. Pretty much everyone's player of the year. Expect big things.

Jabari Parker, Duke. The year's best freshman is one of the best. Period.

Shabazz Napier, UConn. The only thing the Huskies' do-everything guard doesn't do is drive the team bus.

Russ Smith, Louisville. He is still Russdiculous.



Potential upsets

Harvard over Cincinnati, East Regional.

Providence over North Carolina, East Regional.

Saint Joseph's over UConn, East Regional.

N.C. State or Xavier over Saint Louis, Midwest Regional.

Iowa or Tennessee over UMass, Midwest Regional.

Numbers games

3 Three-Straight years a team with a losing record has made the field of 68. Cal Poly, at 13-19, got in by winning the Big West tournament as the No. 7 seed.

18 Eighteen-teams have entered the tournament undefeated. Seven went on to win the title, the last one Indiana in 1976.

26 Consecutive wins by top overall seed Florida.

355 Weight of Sim Bhullar, New Mexico State's 7-foot-5 centre.



The missing

Brandon Ashley, Arizona. The forward went down for the season with a foot injury last month.

Joel Embiid, Kansas. The freshman is out with a back injury.

Mitch McGary, Michigan. The big man, missed the season with a back injury.

THE ASSOCIATED PRESS

Service Directory

To advertise contact Ian March at 416-443-4388

PSYCHIC

World Famous Indian Astrologer Pandit: Jagadish

TAKE RIGHT DECISION AT RIGHT TIME

He understands Problems & Gives Right Guidance
Marriage, Business, Job, Enemy, Sexual, Family
Children, Health, Love, Money, Depression etc

I CAN HANDLE ANY PROBLEM

Removes Black Magic, Bad Luck, Obeya and
Voodoo in 2 Days & Gives Immediate Protection

100% GUARANTEE 647-532-8224

1290 Finch Ave. W, Unit 23, North York (Keele & Finch)

ARE YOU DISAPPOINTED WITH OTHER PSYCHICS...?

Meet the God-Gifted Spiritualist
Pandit: MAHA

NOBODY CAN BREAK MY WORK

Removes Negative Feelings, Help
Bring Back Loved ones, Solves
all problems like Family, Health,
Marriage, Kids, Husband-Wife,
Court, Depression, Jealousy etc

Removes Black Magic, Voodoo, Obeya, Bad Curse,
Buttu Bad Luck, Evil Eyes & Gives 100% Protection

647-710-5566

2300 Lawrence Ave. E, Scarborough,
M1P 2R2, Near Lone Tai Supermarket
(Kennedy & Lawrence) Inside "Smoke & Gift"

PSYCHIC & ASTROLOGER Pandit: Ravi Shankar

IF YOU ARE FACING ANY KIND OF IMPOSSIBLE PROBLEMS, I WILL HELP YOU TO SOLVE PROBLEMS FOR EVER

WORK * HEALTH * DEPRESSION * LOVE
FAMILY * CHILDREN * FINANCE ETC

Removes Black Magic, Evils Spells
& Spirits, Voodoo, Obeya, Katteri Etc. **CONFIDENTIAL**

PH: 647-924-7249, 647-764-9199

7086 #7A AIRPORT RD. N, MISSISSAUGA

AIRPORT / DERRY, ABOVE MAKKAH JEWELLERS

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT? CALL THE Licensed Debt Professionals™ GET OUT OF DEBT!

- ▶ Avoid Bankruptcy
- ▶ 1 Low Monthly Payment
- ▶ No Interest Charges
- ▶ Stop Collection Calls
- ▶ Government Licensed Proposal Administrators



David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
 Licensed Proposal Administrators & Trustee in Bankruptcy

 HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
 NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

STOP COLLECTION CALLS GET DEBT RELIEF NOW!

CALL ERIKA
(LICENSED DEBT EXPERT)

Reduce or Eliminate Tax Debt too.
 Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
 Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
 We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

 Scarborough (Main office), Weston,
 Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy
 www.rusinek.ca

LEGAL

Elena E. Mazinani
Mazinani Law Office

Family & Criminal Lawyers

- * Criminal Lawyers
- * Family Lawyers
- * Uncontested Divorce (\$399 + court fee)

6026 Yonge St. (Yonge and Finch)
Tel: 416-485-8545

SCARBOROUGH
 250 Consumers Rd.
 Suite 810

NORTH YORK
 1111 Finch Ave. W.
 Suite 203

CREDIT PROBLEMS?

REDUCE YOUR DEBTS & SLEEP LIKE A BABY

Consolidate All Your Debts Into
 One Small Monthly Payment & Pay NO Interest

WE OFFER FREE CREDIT CHECKS
 FREE ONE ON ONE CONSULTATION

OSHAWA
 299 Simcoe St.
 South

MISSISSAUGA
 165 Dundas Ave. W.
 Suite 307

416-900-2324
 www.empireonecredit.com

MONEY PROBLEMS?

Make One Small Monthly Payment For All Your Debts!

NO NEED FOR BANKRUPTCY!

WE CAN

- ✓ Stop Collection Calls
- ✓ Reduce your Debts
- ✓ Stop Wage Garnishment
- ✓ Stop Interest Right Away
- ✓ Re-Establish your Credit
- ✓ Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

Call for a **FREE & CONFIDENTIAL** meeting with one of our Govt. Registered Counsellor

HOME IMPROVEMENT

Harry's PAINTING & DECORATING

1-Bedroom Apt. 2-Bedroom Apt. 3-Bedroom Apt.

\$420 \$500 \$580

Includes materials and paint. Straight ceilings and walls in living room, hall, bedroom, kitchen & bathroom.

647-871-5200
CALL 416-783-7981

PSYCHIC

WORLD FAMOUS INDIAN ASTROLOGER & PSYCHIC

GOOD NEWS TO THE PEOPLE OF CANADA

Pandit: Mahendra Sharma

Suggestions & Solutions on:
 Family * Job * Business * Children
 Court * Enemy * Health * Love * Property
 Depression * Sickness * Jealousy * Sexual
TAKE RIGHT DECISION AT RIGHT TIME
 Removes Black Magic, Jadoo, Voodoo,
 Obeau & Gives 100% Immediate Protection

647-963-4739

7134 A, Airport Rd N, Mississauga,
 (Malton) L4T 2H1 (Airport & Derry)

2644 Islington Ave
 and Albion Road

LOWEST RATES
 for bad credit
 loans since 1984

What would you do with
\$20,000?

✓ College tuition?
 ✓ Home Renovation?
 ✓ Wedding?

You decide.

Have a paid off car 6 years or newer?
 You could borrow up to \$20,000 the same day from Prudent Financial!

416-634-2013 BorrowWithYourCar.com
 *Call for details and conditions

DEBT RELIEF

Are you drowning in debts?
 I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

Free Consultation: 416.455.7709
 Evenings and weekends appointment available

Rumanek & Co. Ltd. Administrators of Proposals,
 Trustee in Bankruptcy & Debt Consolidation Arrangements;
 Head Office in North York, ON. Offices in Scarborough & Mississauga.

TOO MANY BILLS.... ...GET A FRESH START!

Bankruptcy • Proposals
 Debt Counselling

416-740-5400

Toronto • Rexdale • Etobicoke • North York
 Don Mills • Bloor West • Scarborough

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE Consultation • Evening Appointments • Flexible Payments

KEVIN THATCHER & ASSOCIATES LTD.
 Head Office: Rexdale, others non-resident

PSYCHIC SPIRITUAL ADVISOR MONA

I restore luck and happiness and will call out your friends and enemies by name.
 I will tell you your past as it was, your present as it is, and your future as it will be. 40 years experience.
 Superior to all others.

CALL FOR 1 FREE QUESTION!

416-222-8201
9am-9pm
Yonge/Finch

No. 1 Astrologer & Psychic

Pandit: BALAJI
MEET ME ONCE & MAKE YOUR TROUBLE-FREE

Reader & Advisor Solves
 Problems like Health,
 Depression, Money, Court
 Family, Education Etc

**TREATS BLACK MAGIC, VOODOO
 JADOO & GIVES 100% PROTECTION
 BY PERFORMING POWERFUL PRAYERS**

647-924-7063, 647-855-0966
212 A Queen St. E. BRAMPTON
Queen & Kennedy

MORTGAGE APPROVED!

- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment purpose.
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505 OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG

License # 11901

MORTGAGES

1st & 2nd Mortgages
 Debt Consolidation
 * Low Rates, * No Fees
 Bad Credit Welcome

CREDIT APPROVED

*Terms and conditions apply. Lic# 10154

MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

WORK / EDUCATION

INTRA-ORAL DENTAL ASST.

MEDIXCOLLEGE.CA

866.981.0683

Medix College
 of HealthCare

Indian Famous Astrologer

Pandit: SHANKAR SHASTRY

I will Remove Black Magic,
 Evil Spirit, Bad Luck, Evil
 Eyes, Jealousy & any Problem.

Love * Money * Job * Health
 Relationship * Family * Court
 Children * Divorce Etc

100% Guarantee, QUICK Results

647-330-6629
67A Dundas St. W (Dundas & Hwy 10)

FALI African Spiritual Reader

35 yrs Exp. Problems Solved
 with Effective Competence,
 Seriousness, & Secrecy.
 Reunites relationships,
 Business, Court, Removes
 Evil Spirits & gives Protection

PAY AFTER RESULTS

www.spiritualfali75.com
416.614.8057 DON MILLS / SHEPPARD

Horoscopes

Aries

March 21 - April 20

Put your heart and soul into what you are working on. No matter how much natural talent you may have what makes you stand out from the crowd is your enthusiasm.

Taurus

April 21 - May 21

Someone in a position of authority will ask you to do something for them today and you should agree. You may not be in the mood to work harder but later you will see how much it benefited you.

Gemini

May 22 - June 21

If you get the chance to travel today you must take it. Venus and Uranus combine in such a favourable way that the more you are on the move the more fun you will have.

Cancer

June 22 - July 23

Listen to what your conscience tells you today and ignore anyone who gives you conflicting advice. Too much of what others say is based on fear and ignorance. Listen to your heart.

Leo

July 24 - Aug. 23

Give partners and loved ones room to be themselves. If you try to restrict their movements you will succeed only in making them more rebellious.

Virgo

Aug. 24 - Sept. 23

No matter how irritating certain people may be you must not let them get under your skin. You need to relax and let life happen. The more you try to force things the more others will try to annoy you.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, links nicely with changes planet Uranus over the next 24 hours, which means you must be more adventurous. Both creatively and romantically you should take more chances.

Scorpio

Oct. 24 - Nov. 22

According to the planets you are thinking too much about the past and not nearly enough about the future. Your task today is to switch your attention away from what was and toward what could be.

Sagittarius

Nov. 23 - Dec. 21

If there is something you want to tell the world, something you think it should know, shout about it as loudly as you can. Make sure you get heard.

Capricorn

Dec. 22 - Jan. 20

At some point today you will discover that your money situation is not as bad as you thought it was and that will cheer you up immensely. But it is not an excuse to go on a spree.

Aquarius

Jan. 21 - Feb. 19

Today's link between values planet Venus, currently in your sign, and your ruling planet Uranus will encourage you to believe that life is good and getting better by the minute.

Pisces

Feb. 20 - March 20

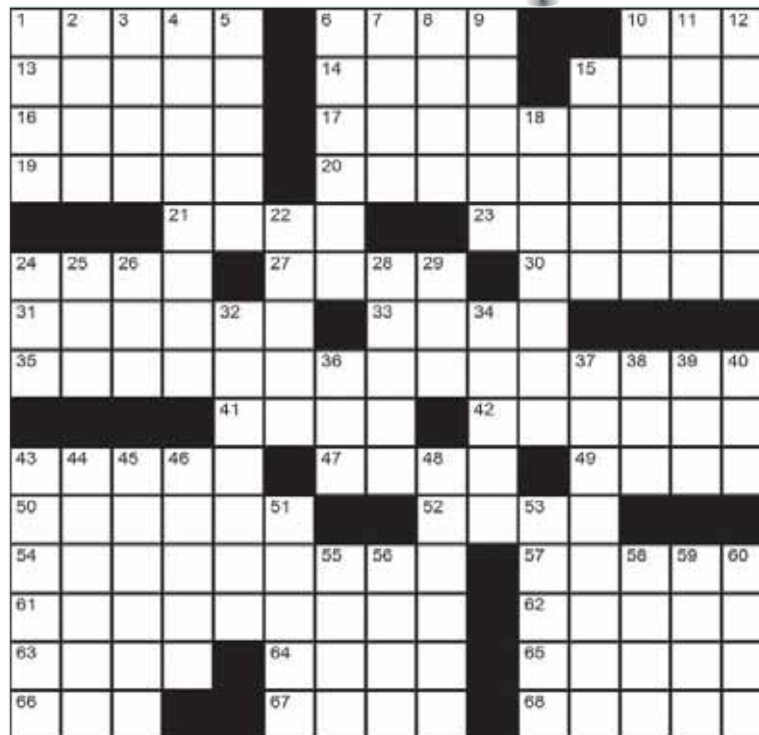
If there is someone you have admired from afar but, for one reason or another, have been reluctant to approach, now is the time to let them know that you like them. According to the planets they may well have feelings for you too.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- ___ Falls (High waterfall on Vancouver Island)
- "Who's the Boss?" role
- Swimming length
- Stave off
- ___ 6:00am
- Bona ___
- Hairstyle bangs, sometimes
- Etobicoke, ON-born star of CTV's "Spun Out": 2 wds.
- View, Bible-style
- Bertram Brockhouse's occupation (Canadian who got a Nobel Prize in 1994)
- '60s concert film, "___ Show"
- Loyal about: 2 wds.
- ___ B'rith
- Prefix to 'ferous' (Conveying air)
- German industrial city
- St. John's born humourist Rick
- Patron saint of Norway
- Type of show
- #17-Across is: 2 wds.
- Stroll
- Excused from
- Marx Brothers, just one
- Indigo
- ___ Rage (Performance enhancers-user's anger)
- ___ Pendragon (King Arthur's father)
- "Sources told me



- that...": 2 wds.
- Drug deal buster, for short
- North Atlantic overfishing depletes them: 2 wds.
- Stroll
- Excused from
- Marx Brothers, just one
- Indigo
- ___ Rage (Performance enhancers-user's anger)
- ___ Pendragon (King Arthur's father)
- "Sources told me

- Some, in French: Quelques-___
- Comic actor Eric
- Upside-down-triangle sign
- Celeb couple's caught-by-paps moment
- Ooze
- Sir Coward's

Down

- Stealing birds
- "A Letter for ___" (1946)
- Shake off
- Avon product
- Temple sanctums of ancient Greece
- Wet earth created
- 'dessert': 2 wds.
- Bright fish
- Old ___ (Clothing chain)
- "This is ___, this is only..."
- Water ___ (Flowers in Monet paintings)
- "___ Fideles,"
- '60s series, "___

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	1	8	6	4	5	9	7	2
2	9	4	3	7	8	1	6	5
5	7	6	2	1	9	8	3	4
6	5	2	1	8	3	7	4	9
9	3	7	5	2	4	8	6	1
4	8	1	7	9	6	5	2	3
1	4	9	8	6	2	3	5	7
7	6	3	4	5	1	2	9	8
8	2	5	9	3	7	4	1	6

	4	2				6		
				5	2			3
7					9			5
		5	4		8		3	
	3			7			8	
	9		6		3	7		
3			2					9
8				9	1			
		9					8	6

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Place"
- Concentrate
 - Web browser name
 - "Canada AM" health expert, Dr. ___ Shapiro
 - Snazzy-lettered car
 - Prefix to 'classical'
 - Airport screen abbr.
 - ___ '___' Roll
 - Island: French
 - Adele's "Rolling in the Deep" co-song-writer, Paul ___
 - High-speed Amtrak train
 - Mode's intro: 2 wds.
 - Romeo and Juliet character
 - Music genre
 - Printer resolution meas.
 - Financial rpt.'s 'until now'
 - Small setback
 - Elvis bit: "You ain't nothin' but ___ dog..."
 - Tetley product aka Rooibos: 2 wds.
 - Histories
 - Shoe part
 - Showbiz legend Ms. Day
 - ___Noranda, Quebec
 - Postal ___
 - Produce product
 - Bible pronoun
 - Computers name
 - Sequences, for short

Today



3°/0°
Mainly sunny

Wednesday



7°/-1°
Rain

Your #1 weather forecast now available in HD.

Check your local listings for details.



©The Weather Network 2014

visit metronews.ca



FLIGHT CENTRE

The Airfare Experts

1 877 923 2248

flightcentre.ca

Puerto Plata

7 Nights 4-Star

\$793

Grand Paradise Playa Dorada

DEPARTS Apr 1/nol/c6.

Conditions apply. Ex.Toronto. All advertised prices include taxes & fees. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. All-inclusive packages include air. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. nol=nolights, c6=canjet. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

2.97% 4-Year Fixed Mortgage Interest Rate.* It's our way of saying, "Welcome home."

Apply in branch or at
tdcanadatrust.com/mortgagerates



Banking can be
this comfortable.



*2.99% APR

The Annual Percentage Rate (APR) is based on a \$350,000 mortgage, 25 year amortization period and a property appraisal fee of \$300. The mortgage interest rate includes a discount off of the 4-Year Closed Fixed Term Mortgage interest posted rate. Mortgage interest rate calculated semi-annually, not in advance. Applies to residential real estate excluding construction draw mortgages. Some conditions apply. Offer may be changed, extended or withdrawn at any time without notice. © The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.